Microwave Cookbook

JCPenney

Digitized by the Internet Archive
in 2023 with funding from
Kahle/Austin Foundation

https://archive.org/details/microwavecookboo0000unkn

Microwave Cookbook

JCPenney

This One
DL98-TJQ-B6HR

To Our Valued Customer:

Welcome to the most versatile system of food preparation ever devised by man. Whether you love to cook, hate to cook, or fall somewhere in between, your new microwave oven will help you prepare nutritious meals so quickly and conveniently, you'll wonder how you ever coped without it.

We at JCPenney like to believe that we are instrumental in providing you with a better quality of life through our technology and consumer products. This cookbook is your "roadmap" to that better life. Be sure to read the oven's operating instructions and this cookbook's introductory section carefully so you know how to use and take advantage of all this oven offers. We've no doubt that this new JCPenney microwave oven will quickly become your most valued appliance, providing convenience and many satisfying cooking experiences.

JCPenney

Contents

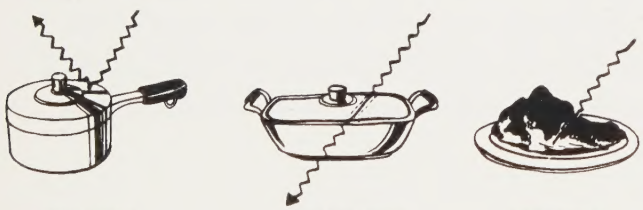
Introduction 2-10
Easy to Prepare Meals 11-16
Appetizers 17-24
Meats 25-41
Poultry 43-55
Fish and Seafood 57-64
Casseroles 65-73
Eggs and Cheeses 75-81
Sauces and Toppings 83-90
Soups and Stews 91-100
Pastas, Grains and Cereals 101-107
Vegetables and Other Side Meals 109-120
Sandwiches 121-126
Breads, Muffins and Coffee Cakes 127-134
Sweets and Treats 135-153
Beverages 155-158
Special Extras 159-164
Appendix 165-168

INTRODUCTION

The Theory of Microwave Cooking 2
Variable Cooking Power 2
Information for Programming Your Recipes 3
Temperature Cooking 4
How to Use a Temperature Probe 5
Microwave Cooking Utensils 5
Special Hints for Preparing Recipes 7
Information for Defrosting Foods 8
Information for Reheating Foods 8
Before Calling for Service 10
Precautions to Avoid Possible Exposure to Excessive Microwave Energy 10

THE THEORY OF MICROWAVE COOKING

Microwaves are short, high frequency radio waves similar to those you receive on a TV set. They are generated by an electronic tube called a magnetron. From the magnetron tube, microwaves enter through openings located in the top of the oven, penetrate and heat the food in the oven. In order to obtain uniform heat distribution in the food, the microwaves are evenly distributed by a device called a "stirrer". The stirrer, shaped like a fan, scatters the microwaves evenly throughout the oven.
Mircowaves have three characteristics. Microwave energy can be:



REFLECTED TRANSMITTED ABSORBED

REFLECTION

Microwaves are reflected by metal objects, therefore, the oven interior is coated with epoxy paint for reflection purposes. A mechanical stirrer distributes the microwaves evenly throughout the oven.

TRANSMISSION

Microwaves will pass harmlessly through materials such as glass, ceramics, paper and certain plastics. No change takes place in these materials since they do not absorb or reflect microwaves. This is why cooking utensils made of these materials are ideal for cooking and remain cool in a microwave oven. The heat that can build up in these utensils is from the food, not the microwaves.

ABSORPTION

Anything that is moist will absorb microwaves. When microwaves enter moist objects, a molecular reaction occurs. The molecules begin to vibrate causing heat by friction. This action causes the food to cook.

Microwaves can penetrate food up to a depth of one inch.
Large foods are cooked internally by conduction of the vibrating molecules toward the center. Microwaves dissipate and can not be retained in food.

VARIABLE COOKING POWER

The multiple power level feature of your oven gives you total flexibility in choosing the speed of cooking which will give you the best results for each type of food. It is very similar to controls on a conventional range-top. HIGH provides the greatest speed of cooking and the settings between HIGH and POWER LEVEL 1 (WARM) represent decreasing amounts.
Basic uses of each Power Level:

- **HIGH** is full power and is used to heat foods high in moisture or that require fast cooking for best quality and time efficiency. Use to:
  - *Boil water
  - *Brown ground beef for casseroles
  - *Cook fresh fruits and fruit desserts
  - *Cook poultry (up to 3 lb.)
  - *Cook fish
  - *Cook vegetables
  - *Heat water-based beverages.
  - *Make candy
  - *Preheat browing dish
- **POWER LEVEL 9** is most practical for heating precooked foods and fast cooking of foods like onions, celery, and green peppers.
- **POWER LEVEL 8** is used for reheating and for cooking frozen foods which do not contain eggs or cheeses.
- **POWER LEVEL 7 (MEDIUM-HIGH)** is primarily used for cooking:
  - *Ham
  - *Mushrooms
  - *Shellfish
  - *Meat loaf
  - *Chicken or pork
  - *Foods which contain cheese, eggs, cream and mayonnaise

- **POWER LEVEL 6** is used to start cakes and quickbreads to make frostings and for the first stage of two stage defrosting of large pieces of food.
- **POWER LEVEL 5 (MEDIUM)** is used for soups and stews cooking.
- **POWER LEVEL 4** is used for slow cooking of less tender cuts of meats.
- **POWER LEVEL 3 (LOW)** is used to soften butter and cheese and as the second stage in two stage defrosting of large pieces of food.
- **POWER LEVEL 2** is used for small amounts of food that you want to cook very slowly.
- **POWER LEVEL 1 (WARM)** is primarily used for:

  *Softening ice cream for serving
  *Keeping food at serving temperature
  *Raising yeast breads

Please refer to the chart below for approximate percent of cooking power.

PAD NAME	PERCENTAGE	LEVEL NAME
none needed	100% (650 WATTS)	HIGH
9	90%	9
8	80%	8
7	70%	MEDIUM-HIGH
6	60%	6
5	50%	MEDIUM
4	40%	4
3	30%	LOW
2	20%	2
1	10%	WARM

INFORMATION FOR PROGRAMMING YOUR RECIPES

Here are some easy recipes along with directions for programming the oven.

Try a few of these to insure that you fully understand how to program the two cook cycles and use some of the special features. It is always a good idea to touch the CANCEL pad before you begin programming.

Two Stage Cooking

MEXICAN TACOS

Power Level: HIGH→7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 2 servings

½ lb. ground beef
½ package (1¼ oz. size) taco seasoning mix
¼ cup water
6 taco shells
½ cup shredded lettuce
⅓ cup chopped tomatoes
2 tablespoons chopped onion
½ cup shredded cheddar cheese

1. Crumble ground beef into a small casserole dish. Cover and heat.
   Touch:
   CANCEL →
   TIME COOK 1 + [ ] 2 : 3 0 → START .
2. Add seasoning mix and water; stir well. Cover and heat. Stir once.
   Touch:
   TIME COOK 1 + [ ] 1 : 0 0 →
   TIME COOK 2 + [ ] 2 : 3 0 →
   POWER LEVEL + 7 0 : [ ] [ ] →
   START .
3. Fill each taco shell with tablespoons of beef mixture. Top with cheese, lettuce, onion and chopped tomatoes.

Temperature Hold

Soups can be cooked and held until ready to serve with the TEMP. HOLD feature.
Try this soup and program the oven as suggested and the soup will be ready when you are.

GARDEN VEGETABLE SOUP

Power Level: HIGH→7 (MEDIUM-HIGH)
Temp. Setting: 160°F
Approx. Cooking Time: 10 min.
Yield: 2 servings

½ cup water
1 cup beef broth
½ can (16 oz. size) whole tomatoes, chopped
½ medium carrot, shredded (about ⅜ cup)
⅜ cup thinly sliced celery
2 tablespoons finely chopped onion
½ teaspoon salt
Dash of pepper
Dash of ground marjoram
Dash of thyme

1. Combine all ingredients in a small casserole dish. Cover and heat. Stir once.
   Touch:
   TIME COOK 1 + [ ] 4 : 0 0 →
   TIME COOK 2 + [ ] 6 : 0 0 →
   POWER LEVEL + 7 0 : [ ] [ ] →
   START .
2. After cooking program the TEMP. HOLD cycle for 30 minutes at 160°F on POWER LEVEL 7 (MEDIUM-HIGH) and insert probe into center of soup.

Touch:

TEMP. COOK + 1 6 0 F → POWER
LEVEL + 7 0 ☐ ☐ → TEMP.
HOLD* + 3 0 0 0 → START.

***Note:** We have not included TEMP. HOLD time in cooking time. It is simply holding the food at a serving temperature.

Serve Time

The SERVE TIME feature allows you to put foods in the oven a few hours ahead of meal time and it will be ready to serve when you are ready. For example, if it's now 4 o'clock and you want the meal to be cooked at 7 o'clock, simply program the cooking time.

QUICKIE DINNER

Power Level: 9
Approx. Cooking Time: 11 min.
Yield: about 4 servings

1 can (10¾ oz) condensed cream of chicken
cream of mushroom soup
¾ cup water
¼ cup white wine
2 teaspoons soy sauce
1½ to 2 cups cut-up cooked chicken or turkey
1½ cups packaged precooked rice
1 can (i oz.) green peas, drained
2 tablespoons chopped pimento

1. In 2-quart casserole dish, blend soup, water, wine and soy sauce; stir in remaining ingredients. Cover and heat.
   Touch:
   TIME COOK 1 + 1 0 : 3 0 →
   POWER LEVEL + 9 0 : ☐ ☐ →
   SERVE TIME * + ☐ 7 : 0 0 →
   START.
2. It will be ready at 7 o'clock. let stand, covered, 5 minutes. Top, if desired, with crushed crackers or buttered bread crumbs.

***Note:** •After programming the SERVE TIME feature, do not touch any other pads as this may cause changes in the programming. Push CANCEL pad to cancel SERVE TIME program.
•The SERVE TIME feature is limited to a 12-hour program. The best foods to select for this feature are those which require longer cooking times and no stirring or attention. Do not use perishable foods which may spoil if allowed to stand at room temperature for long periods of time.

Memory Cooking

When you are repeating a cooking sequence several time for the same recipe, use the MEMORY program.

CHICKEN TOTS

Power Level: 9
Approx. Cooking Time: 6 min.
Yield: 24 hors d'oeuvres

2 cans (5 oz. ea.) boned chicken, drained and flaked
3 tablespoons mayonnaise
2 tablespoons parsley flakes
2 talespoons dry bread crumbs
2 tablespoons dried onion flakes
¼ teaspoon curry powder
1 egg, beaten
½ cup dry bread crumbs

1. Combine chicken, mayonnaise, parsley, 2 tablespoons bread crumbs, onion and curry; shape into 24 balls. Dip each ball in egg and then roll in remaining bread crumbs; chill, Arrange 12 on plate, to heat, rearrange once.
   Touch:
   TIME COOK 1 + ☐ 3 : 0 0 →
   POWER LEVEL + 9 0 : ☐ ☐ →
   MEMORY → MEMORY START
   To repeat for remaining, 12 balls, just touch; MEMORY START.
2. After cooking, serve, if desired, with curried mayonnaise or mustard sauce.

TEMPERATURE COOKING

The temperatue probe takes the guesswork out of judging when food is done. The probe will register the internal temperature of the food and the unit will automatically shut off when the designated temperature is reached. Various recipes throughout this cookbook give instructions for use with the temperature probe.
The probe can be used in foods other than meats and poultry: The following is a list of such foods with the appropriate temperature and power select that can help you further utilize the benefits of cooking by temperature. (Roasting charts for meat and poultry using the temperature probe are found in recipe chapters.)
A conventional meat thermometer may be used to check the internal temperature of food, however, DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN FOOD WHILE COOKING IN THE MICROWAVE OVEN. Only a microwave oven safe thermometer may be used during cooking.

ITEM	POWER LEVEL	DESIRED TEMP.
Baby Food* (heating)	9	115°F to 130°F
Beverages (steaming)		
with milk	7 (MEDIUM-HIGH)	160°F
with water or juice	HIGH	160°F
Casseroles	8	145°F to 160°F
Canned Foods	9	160°F
Dips-with meat	HIGH	145°F
with seafood or cheese	7 (MEDIUM-HIGH)	145°F
Fish; whole	HIGH	175°F
Leftovers	9	160°F

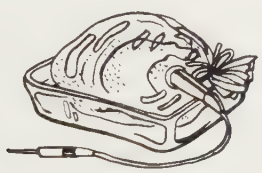
***Note:** Some manufacturers of baby food do not recommend heating strained meats in the microwave oven.

HOW TO USE A TEMPERATURE PROBE

- Insert the probe at least one inch into the food to insure accurate temperature reading. (FIG. 1)

1 inch

- Insert probe into meat as horizontally as possible. (FIG. 2)



- Push probe through plastic wrap into center of food when cooking a covered dish. (FIG. 3)

- Do not allow the probe to touch metal foil used to shield parts of food. This will cause arcing.
- Do not use the probe in frozen foods or with the browning dish accessory.
- Clean probe with mild detergent and a soft cloth. Do not immerse in water or wash in dishwasher.
- Do not insert any other type of thermometer into the oven receptacle other than the probe supplied with your oven.
- Do not use a conventional meat thermometer in food while cooking in the microwave oven. A conventional meat thermometer may be used to check the internal temperature of food. Only a microwave oven safe thermometer can be used during heating.

MICROWAVE COOKING UNTENSILS

Microwave cooking offers a host of conveniences in selection of cooking utensils. New shapes and materials are developed and introduced all the time. Don't, however, run out and buy all new cooking utensils. First, inventory the cooking utensils you already have on hand. You will surprised how many items you already have that are microwave oven safe.

GLASS-CERAMIC-CHINAWARE most of these items are excellent for use in a microwave oven provided they do not have metal parts or metallic trim on them. Most fine chinaware is decorated or trimmed in gold, platinum or silver and is very thin or delicate and should not be used in a microwave oven. The thicker, sturdier chinaware, without trim, however, is suitable, delicate glassware should not be used as it cannot stand the stress of heat and may break. The heat is transmitted from the contents to the utensil, which causes breakage.
Ceramic mugs or cups with glued on handles should not be used as the glue will absorb microwaves and separation will occur.
Dishware that is cracked or crazed should not be used as they may not be able to withstand heat.
Several manufacturers identify microwave oven safe utensils either on the utensil itself or with an accompanying brochure.
One of the most popular manufacturers of microware utensils is Corning®. Corning® now marks its products "good for microwave" or "good for range and microwave." Corning's Pyrex® with metallic trim is also microwave oven safe.
Generally, only Centura tableware and Corelle® closed handle cups (both by Corning) cannot be used in the microwave oven.

Other popular manufacturers of microwave oven safe utensils are Fire King® by Anchor Hocking, French Cookware® by Marsh Industries, Glassbake® by Jeannette Glass, Glass Ovenware® by Heller Designs and products by Federal Glass®. Dinnerware such as Temper-Ware® by Lenox and Franciscan® Casual

China that is marked ovenproof is usually safe to use. The following heat-resistant glass cookware is highly recommended for microwave use:

- Loaf dishes
- Mixing bowls
- Measuring cups
- Pie plate
- Round or square cake dishes
- Casserole dishes, covered or uncovered
- Oblong baking dishes
- Custard cups

With all the varieties available remember a few simple basic rules:

DO NOT USE:

- Utensils with metal bands, clips, screws or trim
- Delicate glassware or stemware
- Dishware that is cracked or crazed
- Mugs or cups with glued handles

WHEN IN DOUBT:

How to test a utensil for safe microwave oven use:

- First, measure 1 cup of water in a glass cup.
- Next, place in the oven beside the utensil to be tested.
- Heat for two minutes on HIGH. If the utensil is warm it has absorbed some microwave energy and should not be used. If the containers is microwave oven safe, it should remain cool and the water should be hot.

PAPER is a convenient product to use for food with low moisture of fat content. The cooking time should be short in duration. Napkins, paper towels, cups, plates, cardboard, freezer wrap and wax paper are all handy utensils. Avoid wax coated plates and cups as the heavy coating of wax will be melt due to high food temperatures. Wax paper, however, can be used to prevent grease spatters. Paper is also used to absorb fat and excess moisture. For example, a popular way to cook bacon is to place a paper towel or napkin on a paper plate. Lay bacon strips side by side on the towel or napkin and cover with another napkin or towel. The paper will absorb the excess bacon grease.

CAUTION: Some recycled paper products may contain impurities that could cause sparking or arcing when combined with hot fat.

JARS AND BOTTLES are suitable for warming or reheating leftovers, warming baby food, etc. provided metal caps and lids are removed first. Only warming temperatures and short periods are recommended because jars and bottles are not usually heat resistant and they may crack or break during extended cooking times.

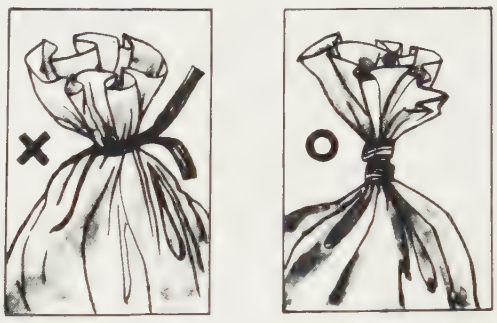
PLASTIC: dishes, cups and some freezer containers can be used in the microwave oven.

Choose carefully, however, because thin items may melt or become pitted from the heat of the food.

A "dishwasher safe" label is a good sign that the container will also be microwave oven safe. Plastic should not, though, be used for cooking over an extended period of time or with foods having a high fat or sugar content.

- Containers labeled UDEL® (by union carbide) and polysulfone plastic are very durable for microwave cooking.

PLASTIC WRAP may be used in place of lids to cover dishes for most recipes. With high temperatures or extended cooking time, some disfiguration may occur. It is advisable to puncture a few holes in the wrap to allow excessive steam to escape. Remove plastic wrap covers slowly and away from you to avoid steam burns.



Using twist-tie on cooking bag.

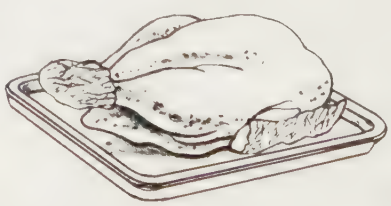
COOKING BAGS designed for conventional oven use may be used in a microwave oven provided small slits are made near the top of the bag to allow excess steam to escape. When using twist-ties made of metal, insure the ends are securely wrapped around the bag as shown.

CAUTION: Do not use ordinary plastic storage bags for cooking.

HEAVY STRAW, WICKER AND WOOD UTENSILS may be used in your microwave oven for short periods in order to warm bread and rolls. Large or thick wooden utensils should not be used for prolonged periods as they may become very dry and brittle.

METAL UTENSILS must be avoided in microwave cooking. Keep in mind, utensils with metal straps, fastners, clips or screws should not be used as they may cause arcing. Arcing is a static discharge or sparking between gaps in the metal or between the metal and the interior of the oven. Arcing may cause damage to the oven walls. Some metal can be helpful when used correctly. You may use small amounts of ALUMINUM FOIL safely if the food being cooked is a much greater mass than the amount of foil being used. Small pieces of foil may be used to cover the wings of chickens, tips of roasts or other thin parts of meat that cook fast. The foil will act to slow the cooking of these parts since metal reflects microwaves. This will prevent overcooking of these parts.

Using foil on Roast



Using foil when cooking chicken.

FOIL LINED CONTAINERS such as milk cartons, frozen juice concentrate containers or the baking containers used with some cake mixes should NOT be used in a microwave oven.

FROZEN DINNER TRAYS can be used in the microwave oven, but because all heating is from the top, they should be no higher than ¾-inch for best results.

TWIST TIES used with cooking bags may be used if the ends are wrapped securely around the mouth of the bag and no loose ends appear. (See illustration)

METAL SKEWERS may be used if the food mass is large in proportion to the metal. Exercise care in placing the skewers in the oven to prevent arcing between skewers or between the sides of the oven and the skewers. Wooden skewers are preferred and can be purchased in most groceries and department stores.

THERMOMETERS for use in microwave cooking are specially designed for that purpose and available in most department stores.

CAUTION: Do not use conventional mercury, candy or meat thermometers in your microwave oven.

BROWNING DISHES are used to sear various cuts of meat and meat patties. The dish must first be preheated several minutes on HIGH. This will allow the special coating on the bottom of the dish to absorb microwave energy and become very hot. When foods are placed in the browning dish, searing will occur. The following suggestions are offered for proper care and use of browning dishes:

- Pre-heat dish according to accompanying directions.
- Check information included with browning dish before use.
- Add oil or butter only after pre-heating.
- Use pot holders or oven glove to remove dish from oven.
- Never use browning dishes on gas or electric ranges or in conventional ovens.
- Do not use browning dish and temperature probe together.
- Clean in dishwasher or with hot, sudsy water. Do not use steel wool, plastic scrubbing pads or scouring powder on surface of browning dish.

OTHER BROWNING TECHNIQUES: Meats and poultry cooked 10 to 15 minutes brown from their own juices. Foods cooked for shorter periods can be aided with the help of browning sauces such as worcestershire sauce or soy sauce, brushed over the meat before heating, these sauces neither add or take away from the original flavor of the meat.
Baked goods that require short cooking time will not brown but when frosted no one will notice. For quick breads or muffins, you may substitute brown sugar for granulated sugar or the surface can be sprinkled with dark spices.

SPECIAL HINTS FOR PREPARING RECIPES

Ingredients

All ingredients are used as taken from their normal storage area. As an example, eggs and milk would be added to the recipe cold since they would be taken from the refrigerator. Canned ingredients should include the liquid unless the recipe specifies DRAINED.
Other recipe factors are:

- Flour—use all-purpose.
- Milk—use homogenized whole milk.
- Sugar—use granulated white sugar.
- Eggs—use grade A large.
- Amounts—use cup, teaspoon, etc. for standard measure.

Factors Which Affect Cooking

Several factors which influence timing and results in conventional cooking are exaggerated by microwave speed.

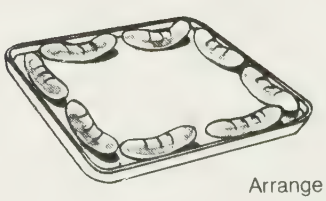
Timing

A cooking time range (example: 2½ to 3 minutes) is given in each recipe. The reasons are to allow for varied food shapes and electrical volt output which is changeable during peak usage hours. Remember, time can always be added to properly cook various recipes, once food is overcooked, however, the situation cannot be reversed. An APPROXIMATE COOKING TIME is given for each recipe. If a recipe is cooked in two batches, the approximate cooking time includes extra cooking time.

Spacing

When possible, arrange smaller food items in a circular pattern for equal microwave energy distribution. This applies to potatoes, fruit or hors d'oeuvres. When placing food in a baking dish, always place around the edges. Never stack food on top of each other.

Arrange food in circular pattern.



Arrange food around edge of dish.

Turning & Rotating

Depending on food shape and mass, microwave energy will concentrate in certain spots. This is particularly true of poultry and certain cuts of meat. Layers of fat will cook faster if the heating pattern is not broken. When a dish is rotated, food will cook more evenly.
In the same manner, same foods should be turned in the container during heating. Recipes will indicate turning and rotating instructions.

Stirring

When stirring is necessary, it is best to bring the cooked outside edges toward the center and the less cooked center toward the edges. Recipes will indicate the amount of stirring required.

Covering

Covering foods reduces spattering and shortens cooking times by retaining heat. One's choice of cover also helps control the rate of evaporation in a particular recipe. For example, if you want to develop a drier surface, don't cover or use a paper towel. For maximum moisture retention, use a glass lid or plastic wrap. Remember, all covers must allow for a certain amount of pressure to be released. In using plastic wrap, be sure to make a small slit in the top to allow excess steam to escape. Regular casserole dish covers, etc. need no alterations for this purpose.

Standing Time

Most foods continue cooking by conduction after the oven is off. Standing time is necessary for the center portions of food to complete cooking without over cooking the outside. Meats should stand 15 to 20 minutes while a shorter time is required for casseroles and vegetables.

Converting Recipes from Conventional Cooking to Microwave Cooking

If you want to use an old favorite recipe in your new microwave oven, timing is probably the most difficult factor to consider. A few basic rules are suggested:

- Reduce conventional cooking time to ¼ for microwave use.
- Try to find a similar recipe and use the same time and temperature.
- Do not add salt to meat before cooking as it tends to toughen meat. Other spices may be used freely. Salt may be added after cooking or at time of eating.
- In baked goods, reduce leavening agents by ¼ and increase liquids by ¼. Baking hints are offered in chapter.
- Ingredients for stews and casseroles should be sliced to a uniform size for even cooking.

Special Note

Foods that are covered with a natural skin such as fruits and vegetables must be pierced to allow the escape of steam, when they are heated whole. The same technique applies to foods that are covered with a natural membrane like eggs. Foods will burst in the oven after reaching certain temperatures if not pierced.

INFORMATION FOR DEFROSTING FOODS

Your microwave oven uses reduced cooking power to defrost foods. The microwave energy thaws the food by heating the ice crystals just enough to dissolve them but not enough to cook the food. The same things that affect how quickly food will heat will also affect how quickly it will defrost. A loaf of bread defrosts very quickly, while a roast will require more time.

Some general guidelines to follow:

- Use the DEFROST cycle to thaw most small items (1 to 3 lbs).
- Use two power levels POWER LEVEL 6 and 3 to thaw most foods which weigh over 3 pounds.
- Refer to defrosting charts within each chapter for specific times and procedures.
- The DEFROST cycle can be programmed to precede TIME COOK 1 and/or TIME COOK 2.
- DEFROST is also automatically followed by an equal period of STAND TIME if followed by TIME COOK 1.

INFORMATION FOR REHEATING FOODS.

You can use plate containing a combination of foods when reheating precooked food, when all members of the family cannot eat at one time, reheating is a great benefit. Remember, reheated foods need only be heated to a temperature comfortable to the plate and therefore need not be heated as high as their original temperatures.
Some general guidelines to follow;

- Place only one plate at a time inside the oven.
- Cover dish with either a lid or plastic wrap to retain moisture. It will also help the food to heat faster.
- Arrange "Quick-heating" foods around the edge of a plate and "slow-to-heat" foods in the center of a plate.

Time Cook Reheating

Because of the infinite amount of leftovers that can be reheated, it is impossible to list all the varieties of microwave settings here. Start with basic information and keep notes on the timing of common leftovers. You will have a whole new experience in serving leftover food. A few suggestions are offered:

•Baked goods—Arrange 4 to 6 servings of rolls, biscuits, etc. in microwave oven safe serving container. Cover. Heat with paper napkin on POWER LEVEL 7 (MEDIUM-HIGH) for 1 to 2 minutes. Wrap 1 roll in paper napkin and heat ¼ to ½ minute on POWER LEVEL 7 (MEDIUM-HIGH).

Hint: *Test baked goods before adding more cooking time; when overheated these items become though and hard.*

•Sandwiches—Wrap closed sandwich in paper towel. Heat on POWER LEVEL 5 (MEDIUM) for 1 to 2 minutes. arrange open-faced sandwich on paper plate; heat, covered with wax paper, 1 to 2 minutes.

•Casseroles—Add a small amount of liquid (stir in if possible) and heat, covered, on POWER LEVEL 5 (MEDIUM) for 3 minutes; stir or turn dish, then heat as necessary. If casserole has bread crumb like topping, heat, uncovered, during last part of heating.

•Plates of Foods—Arrange food on plate with thicker or larger parts towards rim; top with gravy, butter, etc. Heat, covered with wax paper, on POWER LEVEL 5 (MEDIUM) about 3 minutes.

Temp-Cook Reheating

•Insert probe sensor at least one inch into the center of precooked foods.
•Cover, set temperature using TEMP. COOK setting (for example, see setting given in chart).
•Set to POWER LEVEL setting as indicated in chart.
•Push START pad.
•After cooking, stir, allow to stand, covered for 2 to 5 minutes.

TEMP-COOK REHEATING GUIDE

FOOD	DESIRED INTERNAL TEMPERATURE	POWER LEVEL SETTING	SPECIAL TECHNIQUE
BEVERAGE	160°F	HIGH	Place probe sensor in center of beverage glass. 120°to 130°F warm 130°to 150°F medium 150°to 170°F hot
SOUPS	160°F	8	Place probe sensor in center of the soup.
CASSEROLES	150°F	8	Reheat precooked casseroles of uniform consistency. Place probe sensor in center of food.
MEAT SAND-WICHES	120°F	8	Insert probe sensor in the thickest part of the sandwich to be warmed. The one inch of the sensor should be located in the sandwich filling.
LEFTOVERS	160°F	8	Insert probe sensor in the densest or largest amount of food.
CANNED VEGETABLES	150°F	8	Place probe sensor in center of food to be heated. One inch of sensor should rest in middle of vessel.
SYRUP	150°F	7 (MEDIUM-HIGH)	Place probe sensor in center of container.

BEFORE CALLING FOR SERVICE

Many times a service call can be avoided by checking a few simple things. The following conditions are not caused by a defect in the unit itself, so please check the following points before requesting service.

Condition	Time Saving Checks
No Power	*Oven plugged in? Check home fuse or circuit breaker.
Oven not operating	*Oven door closed? *Programming is correct?
Oven does not Shut off	*Setting of clock (certain models) correct? *Temp. probe properly inserted in food (certain models)?
Takes longer than time in cookbook	*Incorrect power level? *Low voltage at power outlet? *Starting temp. and shape of foods vary, so simply cook a little longer.
Oven light not illuminated	*Bulb burned out? *Oven door closed?
Uneven cooking	*Rotate food. *Proper wrap or use container for food. *Programming is correct? *For large meat, utilize standing time at room temperature after cooking.
Oven light flickers	*This is normal.
Water condensation around door	*This is normal—merely wipe dry.
Sparks occur	*Metallic wrap or container touching oven wall. *Ceramic ware trimmed in gold or silver.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) **Do not attempt to operate this oven with the door open** since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) **Do not place any object** between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) **Do not operate the oven** if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
   (1) door (bent)
   (2) hinges and latches (broken or loosened)
   (3) door seals and sealing surfaces

(d) **The oven should not be adjusted or repaired** by anyone except properly qualified service personnel

Pictured on the following page: Sunday Special-Fresh Green Beans & Carrots, Mashed Potatoes, Roast Beef, Home-Made Gravy

Easy to Prepare Meals

EASY TO PREPARE MEALS

BREAKFAST

Continental Breakfast 13
Early Bird Delight 13
Every One's Favorite 13
Speedy Special 13
Saturday Special 13
Eye Opener 13

LUNCH

Gals for Lunch 13
Sports Spectacular 14
Lunch for All 14
Cowboy Lunch for Two 14
For Rainy Days 14
Winter Warmer 14
Weekend Lunch Break 14

DINNER

After Work 14
Clock Stopper 14
Every Day Family Favorite 15
Louisiana Banquet 15
Entertaining with Ease 15
Easy Makin's 15
Friendly Company 15
Wednesday Special 15
Kids Fixin's 16
Italian Fish Bake 16
Luau Poultry 16
Sunday Special 16
Southern Eatery 16

You are about to embark on a whole new concept of cooking. It is exciting and new and after you are accustomed to microwave cooking, you'll wonder how you ever did without.
To help you build a "gourmet library," we have arranged some menu selections for BREAKFAST, LUNCH & DINNER. Most meals will serve four people. The recipes are designed to insure a smooth and relaxed meal.
Before starting any meal, read the instructions thoroughly, have all utensils and ingredients on hand and follow the tips in the introduction.
As your experience grows, your friends and family will marvel at your accomplishments. After that, living is easy. Bon Appetite.

BREAKFAST

CONTINENTAL BREAKFAST

MENU: Assorted Rolls (warmed) and Butter
Breakfast Fruit Tart
Orange Burst

ORDER OF PREPARATION:
1. Prepare Breakfast Fruit Tart, shell according to recipe page 153 heat jam.
2. Heat Organe Burst, page 158.
3. Finish assembling Breakfast Tart.
4. Wrap rolls in paper napkin; heat according to re-heating information page 6.

APPROXIMATE COOKING TIME: 25 min.

EARLY BIRD DELIGHT

MENU: Orange Juice
Corn Muffins (from mix)
Ham and Egg Scramble

ORDER OF PREPARATION:
1. Prepare Corn Muffins according to chart, page 129 Keep covered until ready to serve.
2. Follow recipe for Ham and Egg Scramble, page 80. While eggs are standing, pour Juice, set table, etc.

APPROXIMATE COOKING TIME: 20 min.

EVERYONE'S FAVORITE

MENU: Welsh Rarebit
Bacon Strips
Cherry Brunch Rolls

ORDER OF PREPARATION:
1. Prepare Cherry Brunch Rolls, page 131 keep covered until ready to serve.
2. Cook Bacon according to chart, page 30. Wrap in paper towel, then aluminum foil to keep warm.
3. Prepare Welsh Rarebit page 81.

APPROXIMATE COOKING TIME: 20 min.

SPEEDY SPECIAL

MENU: Curried Fruit Compote
Waffles (frozen)
Ham Slices

ORDER OF PREPARATION:
1. Prepare Curried Fruit Compote, page 151. Cover and serve warm.
2. Heat Ham Slices according to chart, page 30. Wrap in aluminum foil to keep warm.
3. Prepare Waffles according to chart, page 165.

APPROXIMATE COOKING TIME: 20 min.

SATURDAY SPECIAL

MENU: Orange Juice
Country Breakfast Special
Baked Apples

ORDER OF PREPARATION:
1. Heat baked potatoes for Country Breakfast, page 114.
2. While potatoes are standing, prepare Baked Apples, page 151. Cover and serve warm.
3. Finish preparing Country Breakfast Special page 79. While eggs are cooking, pour Juice, set table, etc.

APPROXIMATE COOKING TIME: 30 min.

EYE OPENER

MENU: Grapefruit Juice
Baked Eggs in Bologna Cups
Raisin Bran Muffins

ORDER OF PREPARATION:
1. Prepare Raisin Bran Muffins, page 133 ; keep covered until ready to serve.
2. Follow recipe for Baked Eggs in Bologna Cups, page 78. While eggs are cooking and standing, pour Juice, set table, etc.

APPROXIMATE COOKING TIME: 15 min.

LUNCH

GALS FOR LUNCH

MENU: Apricot Glazed Chicken
Chicken Favored Rice (from mix)
Green Beans Almandine
Chilled Chocolate Almond Souffle

ORDER OF PREPARATION:
1. Prepare Souffle, page 145. NOTE: This recipe requires 3 hours chilling time so prepare early in the day or the night before.
2. Prepare Rice according to chart, page 103. Let stand, covered, until ready to serve.
3. Prepare Apricot Glazed Chicken, page 49. Let stand, covered, until ready to serve.
4. Assemble Green Beans Almandine, page 117 while chicken is cooking. Heat Beans while Chicken is standing.
5. If necessary, reheat Rice or Chicken 2 to 3 minutes while Beans are standing.

APPROXIMATE COOKING TIME: 1 hr.

SPORTS SPECTACULAR

MENU: Tossed Green Salad
Macaroni and Cheese
Marble Brownies with Vanilla Ice Cream
Cranapple Warmer (beverage)

ORDER OF PREPARATION:
1. Prepare Marble Brownies, page 145 . Keep covered until ready to serve.
2. Make salad while Brownies are cooking; chill salad.
3. Cook Macaroni and Cheese according to chart, page 103.
4. Assemble Cranapple Warmer, page 157 , while Macaroni is cooking. Heat Warmer while Macaroni is standing, assemble Macaroni and Cheese.
5. Prepare Macaroni and Cheese, page 80.

APPROXIMATE COOKING TIME: 1 hr.

LUNCH FOR ALL

MENU: Tip Top Hamburgers
Coleslaw
Apple Fudge Brownies

ORDER OF PREPARATION:
1. Make favorite Coleslaw (or purchase at store); chill.
2. Prepare Apple Fudge Brownies, page 144 . Keep covered until ready to serve.
3. Assemble and prepare Tip Top Hamburgers, page 124.

APPROXIMATE COOKING TIME: 20 min.

COWBOY LUNCH FOR TWO

MENU: Rye Dogs
Pickles Chips
Potato Sticks or Chips
Carrot Spice Cake

ORDER OF PREPARATION:
1. Prepare Carrot Spice Cake, page 142 ; keep covered until ready to serve.
2. Prepare Rye Dogs, page 126.

APPROXIMATE COOKING TIME: 20 min.

FOR RAINY DAYS

MENU: Cup of Split Pea Soup (canned)*
Crispy Croutons
Red Delicious
Chocolate Pudding (from mix)

ORDER OF PREPARATION:
1. Cook Pudding according to chart, page 139 ; chill.
2. Make Crispy Croutons, page 131.
3. Heat Soup according to chart, page 93.
4. Assemble Red Delicious page 125, while cooking Soup. Heat Sandwiches while Soup is standing.

APPROXIMATE COOKING TIME: 25 min.

***Note:** *If time is available, prepare homemade Savory Split Pea Soup page 97.*

WINTER WARMER

MENU: Brunswick Stew
Tossed Green Salad
Cider Spice Cake with Vanilla Sauce

ORDER OF PREPARATION:
1. Prepare Cide Spice Cake, page 141 ; store, covered until ready to serve.
2. Prepare Vanilla Sauce, page 89.
3. Prepare Brunswick Stew, page 98.
4. While Stew is cooking, assemble Salad; chill.

APPROXIMATE COOKING TIME: 1¼ hrs.

WEEKEND LUNCH BREAK

MENU: Tomato Soup (canned)
Cheesey Meat Loaf Sandwich
Celery Sticks
Choc'o Grahams

ORDER OF PREPARATION:
1. Cut celery into thin strips; chill
2. Heat Soup according to chart, page 93.
3. Assemble Cheesey Meat Loaf Sandwiches, page 124 while soup is cooking. Heat sandwiches while soup is standing.
4. Assemble Choc'o Grahams, page 144 , before eating. Heat after eating, while table is being cleared.

APPROXIMATE COOKING TIME: 11 min.

DINNER

AFTER WORK

MENU: Tossed Green Salad
Country Ham Casserole
Ice Cream with Hot Fudge Sauce

ORDER OF PREPARATION:
1. Prepare Casserole, page 67.
2. Assemble Salad while Casserole is cooking; chill.
3. After dinner, while the table is being cleared; prepare Hot Fudge Sauce, page 88

APPROXIMATE COOKING TIME: 40 min.

CLOCK STOPPER

MENU: Oven Fried Pork Chops
Hot German Potato Salad
Green Beans (canned)
Gingerbread Pear Cobbler

ORDER OF PREPARATION:
1. Prepare Gingerbread Cobbler, page 153 . Keep

covered until ready to serve.
2. Assemble Potato Salad according to recipe page 120 using canned sliced potatoes. Let stand, covered; serve warm.
3. Prepare Pork Chops, page 37.
4. While Pork Chops are standing, heat Green Beans, page 113.

APPROXIMATE COOKING TIME: 40 min.

EVERY DAY FAMILY FAVORITE

MENU: Meat Loaf
Baked Potatoes
Fresh Broccoli
Raisin Bread Pudding

ORDER OF PREPARATION:
1. Prepare Raisin Bread Pudding, page 146.
2. Prepare Tiny Meat Loaf, page 32.
3. While Meat Loaf is standing, Bake Potatoes, page 114. Wrap potatoes in aluminum foil after cooking.
4. Prepare Broccoli according to chart, page 111.

APPROXIMATE COOKING TIME: 45 min.

LOUISIANA BANQUET

MENU: Shrimp Creole
Rice (instant)
Okra (frozen)
Fiesta Cornbread
Pecan Pie

ORDER OF PREPARATION:
1. Prepare Pecan Pie, page 148.
2. Prepare Cornbread, page 130 ; keep covered until ready to serve.
3. Prepare Shrimp Creole, page 62.
4. Prepare Rice (Instant) according to chart, page 105.
5. Prepare Okra according to chart, page 112.

APPROXIMATE COOKING TIME: 45 min.

ENTERTAINING WITH EASE *(Serving 6)*

MENU: Seafood Casserole
Asparagus Spears (fresh)
Caramel Custard

ORDER OF PREPARATION:
1. Prepare Caramel Custard according to variation of Basic Egg Custard, page 146 chill.
2. Prepare Seafood Casserole, page 68.
3. While Seafood Casserole is standing, heat Asparagus according to chart, page 111.

APPROXIMATE COOKING TIME: 1¼ hrs.

EASY MAKIN'S

MENU: Ham Steak with Raisin Sauce
Baked Stuffed Potatoes
Orange Glazed Carrots
Toffee Fondue

ORDER OF PREPARATION:
1. Prepare Stuffed Potatoes, page 120 . Let stand, covered, until ready to serve.
2. Prepare Ham Steak, page 36 . Let stand, covered until ready to serve.
3. Heat Carrots according to recipe, page 116.
4. After dinner, while table is being cleared, prepare Toffee Fondue, page 150.

APPROXIMATE COOKING TIME: 45 min.

FRIENDLY COMPANY

MENU: Vichyssoise
Beef Bourguignon
Buttered Noodles
Tossed Green Salad
Strawberry Souffle

ORDER OF PREPARATION:
1. Prepare Souffle according to Strawberry Souffle recipe page 146 : chill. NOTE: This recipe requires 3 hours chilling time so prepare early in the day or the night before.
2. Prepare Vichyssoise according to recipe page 98 chill.
3. Prepare Beef Bourguignon according to recipe page 34.
4. Assemble salad while Beef is cooking; chill.
5. Cook Noodles according to chart, page 103 , while Beef is standing.

APPROXIMATE COOKING TIME: 1½ hrs.

WEDNESDAY SPECIAL

MENU: Cornish Hens with Peach Sauce
Stuffing (chicken flavor mix)
Brussel Sprouts (fresh)
German Chocolate Upside-Down Cake

ORDER OF PREPARATION:
1. Prepare Chocolate Cake, page 142 , keep covered, until ready to serve.
2. Prepare Cornish Hens with Peach Sauce, page 53 ; let stand, covered, until ready to serve.
3. Prepare Stuffing Mix, page 55.
4. While Stuffing is standing, heat Brussel Sprouts According to chart, page 111.

APPROXIMATE COOKING TIME: 45 min.

KIDS FIXIN'S

MENU: Crispy Chicken
Spanish Rice
Carrots (frozen)
Banana Splits

ORDER OF PREPARATION:

1. Prepare Spanish Rice, page 106 , let stand, Covered, until ready to serve.
2. While Rice is standing, heat Chicken, page 52 ; let stand, covered, until ready to serve.
3. Prepare Carrots according to chart, page 111.
4. After dinner, while table is being cleared, prepare Banana Split Topping, page 89. Serve over favorite Ice Cream.

APPROXIMATE COOKING TIME: 1 hr.

ITALIAN FISH BAKE *(Serving 6)*

MENU: Flounder Fillet
Spaghetti
Relish Tray
Festive Rum Cake

ORDER OF PREPARATION:

1. Prepare Rum Cake, page 143 , keep covered until ready to serve.
2. Prepare Spaghetti according to chart, page 103. Drain; cover until ready to serve.
3. Assemble a Relish Tray while Spaghetti is Cooking; chill.
4. Prepare Flounder Fillet, page 62; let stand, covered, until ready to serve.

APPROXIMATE COOKING TIME: 55 min.

LUAU POULTRY

MENU: Hawaiian Chicken
Buttered Crumb Potatoes
Sliced Zucchini (fresh)
Chocolate Pound Cake

ORDER OF PREPARATION:

1. Prepare Chocolate Pound Cake, page 139; keep covered until ready to serve.
2. Prepare Hawaiian Chicken, page 50 ; let stand covered, until ready to serve.
3. Prepare Buttered Crumb Potatoes, page 119.
4. While Potatoes are standing, prepare Zucchini according to chart, page 112.

APPROXIMATE COOKING TIME: 50 min.

SUNDAY SPECIAL *(Serving 6)*

MENU: Roast Beef
Mashed Potatoes
Green Beans Almandine
Coconut Lemon Meringue Pie

ORDER OF PREPARATION:

1. Prepare Lemon Meringue Pie, page 147.
2. Prepare Roast Beef according to chart, page 27.
3. While Roast is standing, heat Potatoes, page 119; mash then let stand, covered.
4. While Potatoes are standing, heat Green Beans Almandine, page 117.

APPROXIMATE COOKING TIME: 1 hr. (with 3 lb. roast beef—MEDIUM).

SOUTHERN EATERY

MENU: Short Ribs with Barbecue Sauce
Corn on the Cob (fresh or frozen)
Chunky Applesauce
Southern Cheese Bread
Chocolate Rocky Road Pie

ORDER OF PREPARATION:

1. Prepare Chocolate Rocky Road Pie, page 147; chill.
2. Prepare Chunky Applesauce, page 152 chill, if desired.
3. Prepare Short Ribs Barbecue Sauce, page 35 .
4. Prepare Bread, page 131, Heat while ribs are standing. Let stand, covered.
5. Prepare Corn on the Cob according to chart, page 112.

APPROXIMATE COOKING TIME: 2 hrs.

Pictured on the following page: Assorted Appetizers and Hors d'Oeuvres

Appetizers

APPETIZERS

Cheese Ball 19
Crunchy Munchies 19
Cranberry Glazed Franks 19
Cocktail Reubens 19
Chili Dip 19
Chicken Tots 20
Bacon Treats 20
Appetizer Pâté 20
Hot Cheese Dip 20
Cheese'n Bacon Sticks 20
Cheese'n Sticks 20
Ham Roll-ups 21
Butter Scampi 21
Hot Canapes 21
Swiss Delights 21
Crabmeat Supreme 21
Mexicali Party Dip 22
Meatball Tidbits 22
Marinated Vegetables Bites 22
Texas Style Nachos 22
Cheese Tarts 22
Blue Cheese Spread 22
Crazy Mix 23
Spiced Almonds 23
Chili Cashews 23
Ginger Walnuts 23
Hot Cheese Canapes 23
Sesame Cheese Wafers 23
Tangy Shrimp 24
Stuffed Mushrooms 24
Spinach Stuffed Mushrooms 24

Now you can join your guests during the festivities your microwave oven will give you extra time by quickly cooking you hors d'oeuvres piping hot
And it turns off automatically . . , so no more forgotten disasters.

CHEESE BALL

Power Level: 1 (WARM)
Approx. Cooking Time: 8 min.
Yield: 1 (6 inch) ball

3 cup shredded Cheddar cheese (about ¾ lb.)
1 package (3 oz.) cream cheese, softened*
¼ cup flour
¼ cup white wine
¼ teaspoon onion powder
⅛ teaspoon garlic powder
⅛ teaspoon Worcestershire sauce
⅓ cup finely chopped nuts or parsley flakes

1. In medium glass bowl, combine cream cheese, cheddar cheese, flour, wine, onion, garlic and Worcestershire; heat 5 minutes on POWER LEVEL 1.
2. With electric mixer, beat until smooth. Shape into ball and roll in nuts; chill. To serve, heat 3 minutes on POWER LEVEL 1 until spreadable.

***Hint:** *To soften cream cheese in your microwave, see Time-Saving Hints, page 167.*

CRUNCHY MUNCHIES

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: about 24 hors d'oeuvres

1 head (about 1½ lb.) cauliflower*
1 package (2⅜ oz.) Italian flavored seasoned coating mix

1. Cut cauliflower into about 24 flowerets; rinse. Empty coating mix into plastic bag and coat cauliflowerets.
2. On paper plate, arrange 12 in circular pattern and heat 3 to 4 minutes on HIGH until tender. Let stand 2 minutes before serving; repeat procedure.

***Variation:** *Use I pound zucchini, cut into ½-inch slices.*

CRANBERRY GLAZED FRANKS

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: about 36 hors d'oeuvres

1 can (8 oz.) whole berry or jellied cranberry sauce
1 tablespoon lemon juice
1½ tablespoons prepared mustard
1 pound cocktail frankfurters*

1. In square baking dish, combine cranberry sauce, lemon juice and mustard. Heat 2 to 3 minutes on HIGH, stirring once.
2. Meanwhile, cut a lengthwise slit in each frankfurter cutting through at each end. Stir into glaze mixture. Heat 5 to 6 minutes on HIGH until heated through, stirring once. To serve, skewer frankfurters with toothpicks.

***Substitution:** *Use I pound frankfurters, cut into 1½-inch pieces for cocktail frankfurters.*

COCKTAIL REUBENS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: 36 hors d'oeuvers

36 slices party-size rye bread
6 slices (rectangular) Swiss cheese, each cut into 6 pieces
½ cup creamy Russian dressing
¼ pound thinly sliced corned beef
1 can (8 oz.) sauerkraut, drained

1. Spread bread with dressing; top with corned beef, sauerkraut and cheese. Arrange 12 on paper plate or serving platter.
2. Heat 2½ to 3 minutes on POWER LEVEL 7 until cheese is melted; repeat procedure.

CHILI DIP

Power Level: HIGH
Temp. Setting: 145°F
Approx. Cooking Time: 8 min.
Yield: about 2 cups

½ pound ground beef
½ cup finely chopped onion
1 can (6 oz.) tomato paste
1 envelope (1¼ oz.) chili seasoning mix
1 tablespoon sugar (optional)
Corn chips

1. In medium glass bowl, crumble ground beef; stir in onions. Heat 3 to 4 minutes on HIGH until beef is browned, stirring once; drain.
2. Stir in tomato paste, chili seasoning, and sugar, microwave on HIGH,

   TO HEAT BY TEMPERATURE: Insert probe into dip. Set TEMP. COOK at 145°F.

   TO HEAT BY TIME: Set time 3 to 4 minutes.
3. Serve warm with corn chips.

CHICKEN TOTS

Power Level: 9
Approx. Cooking Time: 6 min.
Yield: 24 hors d'oeuvres

2 cans (5 oz. ea.) boned chicken, drained and flaked *
2 tablespoons parsley flakes
3 tablespoons mayonnaise
2 tablespoons dry bread crumbs
2 tablespoons dried onion flakes
¼ teaspoon curry powder
1 egg, beaten
½ cup dry bread crumbs

1. Combine chicken, parsley, mayonnaise, 2 tablespoons bread crumbs, onion and curry; shape into 24 balls. Dip each ball in egg and then roll in remaining bread crumbs; chill.
2. Arrange 12 on paper plate and heat 2½ to 3 minutes on POWER LEVEL 9, repeat procedure. Serve, if desired, with curried mayonnaise or mustard sauce.

***Substitution:** *Use 1¼ cups cut-up cooked chicken.*

BACON TREATS

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: 8 hors d'oeuvres

4 slices bacon, halved
8 frozen potato puffs, canned pineapple chunks or water chestnuts

1. Between layers of paper towel on paper plate, heat bacon 1½ to 2 minutes on HIGH until partially cooked.
2. Wrap bacon around potato and secure with toothpick. Arrange on paper towel lined paper plate and heat 1½ to 2 minutes on HIGH.

APPETIZER PÂTÉ

Power Level: HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: about 1⅓ cups

1 pound chicken livers, halved
⅓ cup chopped onion
½ cup chicken broth
¼ teaspoon thyme
4 slices bacon, cooked (see page 30)
¼ cup butter or margarine, softened *
1 tablespoon sherry (optional)
½ teaspoon garlic salt
Dash pepper
Parsley flakes

1. In medium glass bowl, combine livers, onion, broth, and thyme. Heat, covered, 2 to 3 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 3 to 4 minutes until livers are tender, stirring once. Drain and reserve ¼ cup liquid.
3. With electric mixer, blender or food processor, puree liver and onion mixture, reserved broth, bacon, butter, sherry, garlic and pepper until smooth.
4. Spoon into crock or small bowl; sprinkle with parsley and chill.
   Serve as a spread with crackers.

***Hint:** *To soften butter in your microwave oven, see Time-Saving Hints, page 167.*

HOT CHEESE DIP

Power Level: 5 (MEDIUM)
Temp. Setting: 140°F
Approx. Cooking Time: 11 min.
Yield: 1½ cups

1 can (7 to 8 oz.) minced clams, drained
4 tablespoons of finely chopped red (hot) pepper
4 scallions, finely chopped
A dash of tabasco sauce
1 pound package of Cheddar cheese, cubed

1. In a deep, medium casserole combine all ingredients microwave on POWER LEVEL 5,

   TO HEAT BY TEMPERATURE: Insert probe into dip. Set TEMP. COOK at 140°F.

   TO HEAT BY TIME: Set time for 10 to 11 minutes.
2. Stir before serving with crisp corn chips.

CHEESE 'N BACON STICKS

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: 8 pieces

4 slices of bacon
8 pencil-thin cheese flavored bread sticks

1. Slice bacon in half lengthwise, and wrap each half around breadstick in spiral fashion. Line a glass plate with 2 layers of paper towels.
2. Place the bread sticks on the dish and cover with a single paper towel.
   Heat on HIGH for 6 to 8 minutes until crisp.

CHEESE 'N STICKS

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 3½ min.
Yield: 3 servings

1 slice bacon, diced
2½ teaspoons finely chopped onion
3 pastry shells, baked (about 2½ inch, diameter)
3 tablespoons shredded Swiss cheese
1 egg beaten
¼ cup heavy cream
parsley flakes

1. Place bacon and onion in a small glass bowl and heat, uncovered, on HIGH for 1 to 1½ minutes

until bacon is crisp, stirring once: drain.
2. On a 12-inch glass plate, arrange shells in a circular pattern. Sprinkle bacon, onion and cheese into each.
3. Add egg blended with cream; sprinkle with parsley. Heat, uncovered, on POWER LEVEL 7 for 1½ to 2 minutes, turning once.

HAM ROLL-UPS

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: 40

1 pound cooked ham, thinly sliced
2 tablespoons prepared brown mustard
1 pound American cheese slices*

1. Spread each slice of ham with a little mustard. Place a slice of cheese on each slice of ham and roll from the short end so that the cheese is completely enclosed in the ham. Cut roll-ups in quarters crosswise and secure ends of ham with wooden toothpicks. Arrange 20 in a single layer on a glass plate.
2. Heat, uncovered, on HIGH 3½ to 4 minutes until Ham is hot and cheese is melted. Repeat process for remaining roll-ups.

***Substitution:** *Use other types of cheese for American cheese.*

BUTTER SCAMPI

Power Level: 7 (MEDIUM-HIGH)
HIGH
Approx. Cooking Time: 3½ min.
Yield: 2 servings

¼ pound medium-sized shrimp, shelled and devined
2 tablespoons butter
2 large garlic cloves, finely diced
½ tablespoon chopped parsley
½ tablespoon lemon juice
½ tablespoon Parmesan cheese

1. Place butter in a small glass casserole, heat, uncovered, on POWER LEVEL 7 for ½ to 1 minutes until melted.
2. Add garlic and heat, uncovered, on HIGH for ½ to 1 minutes until butter is bubbly.
3. Blend in parmesan cheese, parsley, lemon juice and shrimp. Heat, uncovered, on HIGH for 1 to 1½ minutes.

HOT CANAPES

Power Level: 2
7 (MEDIUM-HIGH)
Approx. Cooking Time: 2 min.
Yield: 10 canapes

1 (3 oz.) pkg. Philadelphia cream cheese
4 tablespoons Requefort cheese, crumbled*
4 tablespoons chopped walnuts
¼ tablespoon dry mustard
½ teaspoon Worcestershire sauce
Crackers
Finely minced walnuts

1. Place cream cheese in a small glass bowl, and heat, uncovered, on POWER LEVEL 2 for ½ to 1 minutes until cheese is soft.
2. Add Roquefort, walnuts, mustard and Worcestershire sauce, mix well. Spread mixture on crackers.
3. Arrange 10 canapes on a glass plate lined with a paper towel. Heat, uncovered, on POWER LEVEL 7 for ½ to 1 minutes until cheese is melted. Sprinkle tops with finely minced walnuts and serve hot.

***Substitution:** *Use any strong-flavored cheese for Roquefort cheese.*

SWISS DELIGHTS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 4 min.
Yield: 20 hor d'oeuvres

1 pkg. (½ oz.) instant onion soup
½ cup sour cream
whole wheat crackers (about 20)
2 slices (rectangular) Swiss cheese, each cut into 10 squares

1. Blend sour cream and instant onion soup completely; spread mixture on each cracker and top with cheese.
2. Arrange 10 pieces in a circular pattern on a glass tray. Heat, uncovered, on POWER LEVEL 7 for 1 to 2 minutes until cheese is melted, turning once, repeat for remaining crackers.

CRABMEAT SUPREME

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 1 min.
Yield: 8 canapes

½ can (3 to 3½ oz.) crabmeat
¼ cup finely minced celery
1 teaspoon prepared mustard
2 teaspoons chopped sweet pickle relish
¼ cup mayonnaise
crisp crackers or toast round

1. Drain crabmeat and place in a small bowl. Flake with a fork. Add celery, mustard, pickle relish and mayonnaise. Blend well. Spread mixture on crackers or toast round.
2. Place on a glass plate lined with a paper towel. Cover and heat on POWER LEVEL 7 for ½ to 1 minutes until hot.

MEXICALI PARTY DIP

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 10 min.
Yield: about 3 cups

1 can (16 oz.) whole tomatoes, drained and chopped
1 can (4 oz.) green chilies, drained and chopped
1 pound pasteurized process cheese spread, shredded
Dash hot pepper sauce
Taco chips

1. In large glass bowl, combine tomatoes, chilies, cheese and pepper sauce.
2. Heat 9 to 10 minutes on POWER LEVEL 5 until cheese is melted, stirring occasionally. Serve warm with taco chips.

MEATBALL TIDBITS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: about 36 meatballs

1 pound ground beef
1 egg
½ cup soft bread crumbs
¼ cup catsup
1 tablespoon parsley flakes
1 teaspoon onion powder
1 teaspoon salt
⅛ teaspoon pepper

1. Thoroughly combine all ingredients; shape into 1-inch meatballs (about 36).
2. In oblong baking dish, arrange meatballs; heat 6 to 7 minutes on POWER LEVEL 7, stirring once and draining liquid when necessary.
3. Serve with favorite sauce or gravy.

Hint: *See Sauces and Toppings chapter for easy microwave accompaniments.*

MARINATED VEGETABLE BITES

Power Level: HIGH
Approx. Cooking Time: 7 min.
Yield: about 4 cups

4 cups cut-up fresh vegetables (about ½-in. pieces)*
½ cup Italian dressing

1. In oblong baking dish, toss vegetables with Italian dressing.
2. Heat, covered, 6 to 7 minutes on HIGH until vegetables are crisp-tender, stirring once. Chill before serving.

***Hint:** *Choose a variety of vegetables that heat in about the same time (see Vegetable chart, page 111). If using vegetables with different cooking times, cut vegetables with shorter cooking time into larger pieces.*

TEXAS STYLE NACHOS

Power Level: HIGH
Approx. Cooking Time: 2 min.
Yield: about 20

Canned bean dip
Corn, taco or tortilla chips
Guacomole dip (optional)
Jalapeno peppers, sliced (optional)
Shredded Monterey jack cheese

1. Spread 20 chips with bean dip and guacomole dip; top with peppers and cheese.
2. Arrange on wax paper lined glass oven tray or serving plate. Heat 1 to 2 minutes on HIGH until cheese is melted; serve immediately. Repeat procedure as desired.

CHEESE TARTS

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 6 servings

6 tablespoons shredded Swiss cheese
2 slices bacon, diced
1½ tablespoons finely chopped onion
6 pastry shells, baked (about 2½-in. diameter)
2 eggs, beaten
½ to ¾ cup whipping or heavy cream*
Parsley flakes

1. In small glass bowl, heat bacon and onion 2 to 2½ minutes on HIGH until bacon is crisp and onion is tender, stirring once, drain.
2. On 12-inch glass plate, arrange shells in circular pattern; into each, sprinkle bacon and onion and then cheese. Add eggs beaten with cream; sprinkle with parsley. Heat 3 to 3½ minutes on POWER LEVEL 7 until tarts are almost set, turning dish once. Let stand 5 minutes before serving.

***Hint:** *The amount of cream used will depend upon the actual size of pastry shells.*

BLUE CHEESE SPREAD

Power Level: HIGH
Approx. Cooking Time: 3 min.
Yield: about 3 cups

1 package (3 oz.) cream cheese, softened*
1 envelope unflavored gelatin
¾ cup water
1 tablespoon lemon juice
⅓ cup milk
¼ pound blue cheese, crumbled
½ cup sour cream
¼ cup diced green pepper or finely chopped walnuts
2 teaspoons Worcestershire sauce

1. In small glass bowl, sprinkle unflavored gelatin over water. Heat 2½ to 3 minutes on HIGH until gelatin is dissolved, stirring twice. Add lemon juice; cool slightly.
2. In medium bowl, blend cream cheese and milk until smooth; stir in blue cheese, sour cream, green pepper, Worcestershire and gelatin mixture.
3. Turn into 3-cup mold or bowl and chill until firm.
4. Unmold and serve with crackers as a spread.

***Hint:** *To soften cream cheese in your microwave, see Time-Saving Hints, page 167.*

CRAZY MIX

Power Level: 9
Approx. Cooking Time: 9 min.
Yield: about 2 quarts

½ cup butter or margarine
2 cups bite-size crispy corn squares
2 cups bite-size crispy rice squares
2 cups bite-size crispy wheat squares
1 cup salted peanuts
1 cup thin pretzel sticks
2 tablespoons Worcestershire sauce
½ teaspoon garlic salt
½ teaspoon salt

1. In oblong baking dish, heat butter 1 to 1½ minutes on POWER LEVEL 9 until melted.
2. Stir in Worcestershire, garlic and salt. Add remaining ingredients, stirring well.
   Heat another 6 to 7 minutes on POWER LEVEL 9 until butter is absorbed and mixture is crispy, stirring occasionally. Let cool before serving or storing.

SPICED ALMONDS

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: about 2 cups

2 cups blanched almonds
2 tablespoons butter or margarine
1 to 2 tablespoons curry powder
1 tablespoon Worcestershire sauce

1. In oblong baking dish, heat butter 1 minute on HIGH until melted.
2. Stir in curry and worcestershire.
3. Add almonds and coat thoroughly.
   Heat 4 to 5 minutes on HIGH, stirring twice; cool.

Variations:
For CHILI CASHEWS, *stir 1 to 2 tablespoons chili powder and 2 cups salted cashews into melted butter.*
For GINGER WALNUTS, *stir 1 to 2 tablespoons ground ginger, 1 tablespoon soy sauce and 2 cups walnuts into melted butter.*

HOT CHEESE CANAPES

Power Level: 2
7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 48 hors d'oeuvres

1 package (10 oz.) sharp Cheddar cold pack cheese food
⅓ cup butter or margarine
1 can (6 oz.) crabmeat, drained and flaked*
1 tablespoon flour
Dash hot pepper sauce
6 English muffins, split and toasted

1. In medium glass bowl Heat cheese and butter 1½ to 2 minutes on POWER LEVEL 2 until softened.
2. Stir in crab, flour and pepper sauce; spread on muffins. Cut each muffin into quarters and garnish, if desired, with pimento or paprika.
3. On paper plate or glass serving tray, arrange 12 canapes and heat ½ to 1 minute on POWER LEVEL 7 until crab mixture begins to melt; repeat procedure.

***Substitution:** *Use 1 can (7 oz.) tuna, drained and flaked.*

SESAME CHEESE WAFERS

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 4 min.
Yield: 48 wafers

1 jar (8 oz.) processed cheese spread
1 to 1¼ cups flour
6 tablespoons butter or margarine, softened*
Dash hot pepper sauce
3 tablespoons sesame seeds, toasted

1. Blend cheese, flour butter and pepper sauce until smooth. On lightly floured board, roll mixture into two logs (6 in. ea.); roll in sesame seeds. Wrap in wax paper and chill until firm.
2. Cut each cheese log into ¼-inch slices. On paper plate, arrange 12 in circular pattern. Heat 3 to 3½ minutes on POWER LEVEL 5. Let stand 1 minute before removing to serving platter with spatula.

***Hint:** *To soften butter in your microwave oven, see Time-Saving Hints, page 167.*

TANGY SHRIMP

Power Level: HIGH→7 (MEDIUM-HIGH)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 18 min.
Yield: about 4 servings

½ pound medium shrimp, shelled and cleaned
½ cup chili sauce
½ cup pickle relish
½ cup beer

1. In medium glass bowl, combine chili sauce, pickle relish and beer; heat 3 to 4 minutes on HIGH, stirring once.
2. Continue cooking on POWER LEVEL 7 an additional 10 minutes until sauce is thickened, stirring occasionally.
3. Stir in shrimp and heat 3 to 4 minutes on POWER LEVEL 7 until shrimp are tender, stirring once. Let stand, covered, 2 minutes. To serve, arrange on small plates or skewer with picks.

STUFFED MUSHROOMS

Power Level: HIGH
Approx. Cooking Time: 18 min.
Yield: aboug 24 mushrooms

1 pound medium fresh mushrooms (about 24), cleaned
4 slices bacon, chopped
¼ cup finely chopped onion
1 cup soft bread crumbs
¼ cup grated Parmesan cheese
¼ teaspoon pepper

1. Remove mushroom stems and finely chop 1 cup; reserve.
2. In medium glass bowl, heat bacon and onion 3 to 3½ minutes on HIGH until bacon is crisp, stirring once; drain.
3. Stir in reserved mushroom stems, bread crumbs, cheese and pepper.
   Stuff mushroom caps with bread crumb mixture and on glass platter.
4. Arrange 12 in circular pattern. Heat, covered, 6 to 7 minutes on HIGH, turning dish once. Let stand, uncovered, 2 minutes before serving; repeat procedure.

Variations:

For SPINACH stuffed mushrooms, *partially thaw I package (12 oz.) frozen spinach souffle. Cut into squares and place in mushroom caps; sprinkle, if desired, with onion salt. Heat as directed above*

Pictured on the following page: Roast Beef, Crown Roast of Lamb, Glazed Ham

Meats

Special Hints for Roasting Meats 27
Information for Cooking Meat 27
Special Hints for Defrosting Meats 28
Information for Inserting Probe in Meats 29
Tips for Preparing Convenience Meats 30

GROUND BEEF

Italian Meatballs 31
Cheeseburger Pie 31
Pizza Wheels 31
Oriental Pepper Burgers 31
Tiny Meat Loaf 32
Swedish Meatballs 32
Stuffed Green Peppers 32
Salisbury Steak 32
Savory Cabbage Rolls 33

BEEF

Citrus Simmered Steak 33
Chili Beef Liver 33
Beef Stroganoff 33
Beef Bourguignon Cubed 34
Beef Gouliash 34
Beef with Broccoli 34
Mushroom Stuffed Steak Rolls 34
Braised Brisket 35
Fruited Pot Roast 35
Pepper Steak 35
Short Ribs with Barbecue Sauce 35
Flank Steak 36

PORK AND HAM

Cranberry Glazed Ham 36
Ham Steak with Raisin Sauce 36
Country Stuffed Pork Chops 36
Chinese Pork and Green Vegetables 37
Oven-Fried Pork Chops 37
Loin of Pork with Apricot Glaze 37
Southern Barbecued Ribs 37
Glazed Ham 38
Polish Sausage (Kielbasa) with Red Cabbage 38
Peachy Pork Roast 38
Sweet'n Sour Pork 39

VEAL

Veal Paprika 39
Veal Cutlets with Caper Sauce 39
Wurst with Kraut 39
Veal Cutlets Cordon Bleu 40

LAMB

Marinated Lamb Kabobs 40
Crown Roast of Lamb 40
Curry Lamb 41
Persian Lamb with Peaches 41

Cooking meat in the microwave oven is an invaluable time-saver and makes meal planning easier than you ever dreamed possible.
In this chapter, there are recipes to please everyone. Use the charts and guidelines for most successful cooking. Enjoy . . .

SPECIAL HINTS FOR ROASTING MEATS

- Place roast, cleaned and wiped dry, on microwave oven safe roasting rack in a shallow baking dish. If this specially designed rack is unavailable, an inverted saucer or casserole lid works well in holding the roast out of its juices.
- Loosely cover the baking dish with a paper towel prevent splattering.
- Drain juices as they accumulate in baking dish. If desired, reserve for making gravy.
- Cover thin points of meats (less meaty portions) with aluminum foil half way through cooking to prevent over-cooking of these areas. Wooden toothpicks can be used to hold the foil in place.
- Let stand, covered, 10 to 15 minutes after cooking. This time allows the temperature to equalize throughout. The internal temperature will rise 5°F to 10°F . . . a good time to prepare gravy or a vegetable.
- Use a cooking bag or covered casserole when cooking less tender cuts of meat (pot roast, etc.) These should be surrounded by liquid (soup, broth, etc.) to help foods retain moisture, producing a tender, juicy roast.
- Prepare cooking bag as package directs. The enclosed twist-tie may be used to seal the cooking bag; be sure to wrap ends tightly around the closure (and do not allow the ends to stick up). Make six half-inch slits near the top to allow excess steam to escape.

INFORMATION FOR COOKING MEAT

How to Program

–FIRST SETTING (TIME COOKING)–

*Season meats as desired. DO NOT SALT.

*Place meat in baking dish.

*Cover baking dish with plastic wrap or casserole lid.

*Microwave on FIRST POWER LEVEL setting for time setting indicated on chart below.

*Push START pad.

–SECOND SETTING (TEMP. COOKING)–

*Turn meat fat side up.

*Insert probe sensor in the thickest, fleshiest part of the meat. Avoid contact with fat and bone.

*Cover, set temperature at desired setting using TEMP. COOK setting given on chart below.

*Set to SECOND POWER LEVEL setting as indicated on chart below.

*Push START pad.

*After cooking, cover, let stand 10 to 20 minutes before serving.

*Use juices to make gravy if desired.

MEAT MICROWAVING GUIDE

CUT	AMT.	FIRST		SECOND	
		POWER LEVEL SETTING	COOK TIME (in min. per pound)	TEMP. COOK SETTING	POWER LEVEL SETTING
BEEF					
Rib Roast, Rolled	3 to 4 lbs.	HIGH	4 4 to 5 5 to 6	125 to 130°F Rare 140 to 145°F Medium 155 to 160 °F Well-done	7 (MEDIUM-HIGH)
Rib Roast, Standing	5 to 6 lbs.	HIGH	4 4 to 5 5 to 6	125 to 130°F Rare 140 to 145°F Medium 155 to 160°F Well-done	7 (MEDIUM-HIGH)
Sirloin Tip Roast,	4 to 5 lbs.	HIGH	4 5 to 6 5 to 6	125 to 130°F Rare 140 to 145°F Medium 155 to 160°F Well-done	7 (MEDIUM-HIGH)
Rump Roast Bone-in & Boneless	3 to 4 lbs.	HIGH	4 to 5 5 to 6 6 to 7	125 to 130°F Rare 140 to 145°F Medium 155 to 160°F Well-done	5 (MEDIUM)
Meat Loaf	1½ lbs.	—	—	140 to 145°F Medium	7 (MEDIUM-HIGH)

CUT	AMT.	FIRST		SECOND	
		POWER LEVEL SETTING	COOK TIME (in min. per pound)	TEMP. COOK SETTING	POWER LEVEL SETTING
PORK					
Ham, Bone-in Ready to Eat	7 to 8 lbs.	—	—	115 to 120°F Heated	7 (MEDIUM-HIGH)
Ham, Boneless, Ready to Eat	2 to 3 lbs.	—	—	115 to 125°F Heated	7 (MEDIUM-HIGH)
	4 to 5 lbs.	—	—	115 to 125°F Heated	7 (MEDIUM-HIGH)
	6 to 8 lbs.	—	—	115 to 125°F Heated	7 (MEDIUM-HIGH)
Ham, Fresh	3 to 5 lbs.	HIGH	5	155 to 160°F Well-done	5 (MEDIUM)
Ham, Slice, Center Cut	1 to 1½ lbs.	—	—	115 to 125°F Heated	7 (MEDIUM-HIGH)
Ham, Canned	3 to 5 lbs.	—	—	115 to 120°F Heated	7 (MEDIUM-HIGH)
Loin Roast Boneless	4 to 5 lbs.	HIGH	6	155 to 160°F Well-done	7 (MEDIUM-HIGH)
Loin, Center Rib	4 to 5 lbs.	7 (MEDIUM-HIGH)	5	155 to 160°F Well-done	7 (MEDIUM-HIGH)
Tenderloin	1½ to 2 lbs.	HIGH	8	165 to 170°F Well-done	7 (MEDIUM-HIGH)
LAMB					
Leg or Shoulder Roast	4 to 4½ lbs.	—	—	180°F Well-done	7 (MEDIUM-HIGH)
VEAL					
Rump	2 to 5 lbs.	—	—	155 to 160°F Well-done	7 (MEDIUM-HIGH)

SPECIAL HINTS FOR DEFROSTING MEATS

- Defrost meat in original wrapper, set in a shallow baking dish to catch any liquid.
- Turn roasts (weighing over 4 pounds) over two or three times during defrosting cycle.
- Let meat stand equal time before preparing.
- Estimate 5 minutes per pound defrosting time for beef and 6 minutes per pound for pork and lamb not listed below.

One Stage Defrosting

Smaller meat items can be defrosted in one stage on the DEFROST cycle:

- Place frozen meat in oven, covered.
- Touch DEFROST function pad and heat for time given in chart.
- Push START pad.

ONE STAGE MEAT DEFROSTING GUIDE

CUT	AMT.	DEFROST TIME (in min.)	STANDING TIME (in min.)
MEAT			
Beef			
Steak	1½ lbs.	9 to 10	10
Steak Cube	1 lb.	7 to 8	5
Rolled Rib Roast	3 lbs.	13 to 15	10
Ground	1 lb.	4 to 5	5
	3 lbs.	11 to 12	5
Pork			
Pork Chops	4 pcs. (5 oz. each)	9 to 10	5
Tenderloin	2 lbs.	9 to 10	5
Roast	3 lbs.	13 to 15	10
Spareribs	1½ lbs.	9 to 10	5
	3 lbs.	16 to 18	10
Veal			
Ground	1 lb.	4 to 5	5
Chops	1 lb.	9 to 10	5

Two Stage Defrosting

Larger Pieces of meat defrost more evenly if two Power Levels are used, POWER LEVEL 6 and then 3.

- Place frozen meat in oven covered.
- Touch TIME COOK 1, select first time given in chart, touch POWER LEVEL, select POWER LEVEL 6.
- Touch TIME COOK 2, select second time given in chart, touch POWER LEVEL, select POWER LEVEL 3 (LOW).
- Push START.

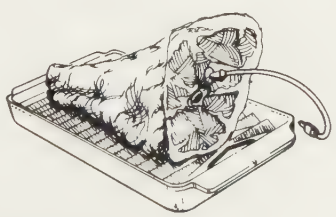
TWO STAGE MEAT DEFROSTING GUIDE

CUT	AMT.	FIRST DEFROST TIME (in min.) on POWER LEVEL 6	SECOND DEFROST TIME (in min.) on POWER LEVEL 3 (LOW)	TOTAL DEFROST TIME (in min.)	STANDING TIME (in min.)
MEAT					
Beef					
Rolled Roast	5 lbs.	10 to 11	28 to 30	41	15
Roast, Bone-in	5 lbs.	10 to 11	20 to 22	33	15
Roast Chuck, 7 Bone, Round Bone	5 lbs.	10 to 11	20 to 22	33	10
Ground	5 lbs.	5 to 6	20 to 22	28	10
Pork					
Roast Rolled	5 lbs.	10 to 11	28 to 30	41	15
Roast, Bone-in	5 lbs.	10 to 11	20 to 22	33	15

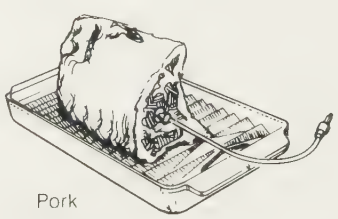
INFORMATION FOR INSERTING PROBE IN MEATS

Bone-in Meat Cuts

Insert probe sensor in the fleshy part of the meat. Probe should not come in contact with bone, marrow or pocket of fat.

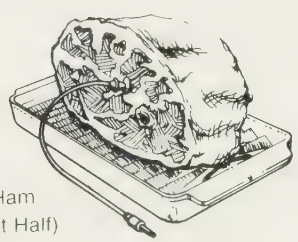


Leg o' Lamb



Pork Loin Roast

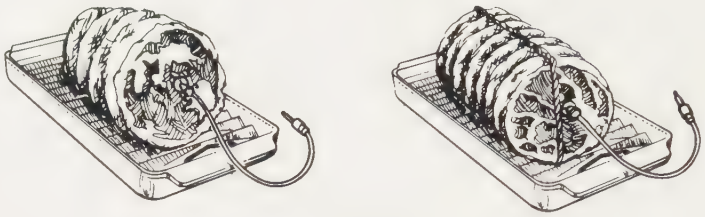
Standing Rib Roast



Ham (Butt Half)

Boneless Meat Cuts

Probe sensor should be placed in the meat from the end and pushed toward center of the fleshy part.



Rolled
Rib Roast

TIPS FOR PREPARING CONVENIENCE MEATS

- A variety of meats, especially bacon*, may be cooked between layers of paper towels to prevent oven splatter. It is advisable to use non-coated paper plates to absorb excess grease.
- Meat placed on roasting racks may be covered with wax paper to prevent oven splatter. Wax paper will not absorb excess fats or grease.
- After cooking, let stand, covered, 1 to 3 minutes before serving.

ITEM	AMT.	POWER LEVEL SETTING	COOK TIME (in min.)
Beef Patties, frozen (3½ oz. ea.)	1	9	2½ to 3
	2		3½ to 4½
	4		5½ to 6½
Bacon, slices	2	HIGH	1 to 1½
	3		1½ to 2
	4		2 to 3
	8		4½ to 5½
Canadian bacon, slices (2 oz. ea.)	2	HIGH	1 to 1½
	4		2 to 3
	8		3 to 4
Frankfurters, scored	2	HIGH	1½ to 2
	4		2½ to 3½
Ham, slices (about 2 oz. ea.)	2	HIGH	1½ to 2½
	4		2½ to 3½
Hamburgers (4 oz. ea.)	1	9	¾ to 1¼
	2		1½ to 2
	4		3½ to 4
Sausage Links, frozen (precooked, brown and serve)	2	HIGH	1 to 1½
	4		1½ to 2
	8		3 to 4
**Sausage Links, fresh (1 to 2 oz. ea.)	2	HIGH	2 to 3
	4		4 to 5
	8		6½ to 7½
Sausage Patties, fresh (1 to 2 oz. ea.)	2	HIGH	1 to 2½
	4		2 to 4

Cooking more than 8 pieces of bacon on paper utensils is not recommended.

***Meat covered with casings (sausage, etc) must be pierced with a fork prior to heating to prevent bursting. It is also advisable to brush with a browning sauce before cooking.*

GROUND BEEF

ITALIAN MEATBALLS

Power Level: 9
Approx. Cooking Time: 9 min.
Yield: about 4 servings

1 pound ground beef
1 egg
1½ cups soft bread crumbs
¼ cup water or milk
2 to 3 tablespoons grated Parmesan cheese
¾ teaspoon oregano
1 teaspoon parsley
1 teaspoon onion salt

1. Combine all ingredients and shape into 1½-inch meatballs (about 20).
2. Arrange in oblong baking dish and heat 7½ to 8½ minutes on POWER LEVEL 9, draining liquid and rearrranging meatballs once.

CHEESEBURGER PIE

Power Level: 9
Approx. Cooking Time: 17 min.
Yield: about 4 servings

1 pound ground beef
1 package (5 oz.) instant mashed potato flakes (2¼ cups)
1¼ cups milk
1 egg
¼ cup catsup
1 tablespoon dried onion flakes
1½ teaspoons salt
¼ teaspoon pepper
6 slices American cheese
1 cup hot water
2 tablespoons butter or margarine

1. Combine ground beef, 1⅓ cups instant mashed potato flakes, 1 cup milk, egg, catsup, onion, 1 teaspoon salt and ⅛ teaspoon pepper. Spread into 9-inch glass pie plate.
   Heat 6½ to 7½ minutes on POWER LEVEL 9, drain.
2. Arrange 2 slices cheese on top. Let stand, loosely covered, 7 minutes.
3. Meanwhile, in medium glass bowl, heat water, butter, remaining milk, salt and pepper 5 to 6 minutes on POWER LEVEL 9. Add remaining instant mashed potato flakes and cheese, diced and stir until potatoes are fluffy.
   Spread over "cheeseburger".
4. Heat 2 to 3 minutes on POWER LEVEL 9 until heated through.

PIZZA WHEELS

Power Level: 9
Approx. Cooking Time: 6 min.
Yield: 4 servings

1 pound ground beef
2 tablespoons finely chopped onion
½ teaspoon salt
Oregano
¼ cup spaghetti sauce
4 slices Mozzarella cheese, cut into strips

1. Combine ground beef, onion, salt and ¼ teaspoon oregano; shape into 4 patties raising the edge ½ inch to form a center well. In baking dish, arrange patties; heat 3 to 4 minutes on POWER LEVEL 9.
2. Then drain. Fill center well with spaghetti sauce and sprinkle with oregano; Heat 1 to 1½ minutes on POWER LEVEL 9. Top with cheese and let stand, covered, 3 minutes before serving.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat patties 1½ to 2 minutes on POWER LEVEL 9 and with sauce ½ to 1 minute on POWER LEVEL 9.*

ORIENTAL PEPPER BURGERS

Power Level: 9
Approx. Cooking Time: 12 min.
Yield: 4 servings

1 pound ground beef
¼ teaspoon salt
⅛ teaspoon pepper
1 large onion, sliced
1 medium green pepper, cut into chunks
1 can (8 oz.) tomato sauce
¼ teaspoon ground ginger
4 teaspoons soy sauce

1. Combine beef, salt and pepper; shape into 4 patties and arrange in baking dish. Heat 4½ to 5½ minutes on POWER LEVEL 9, drain.
2. Add onion, green pepper and tomato sauce blended with ginger and soy sauce.
3. Heat, covered, 5½ to 6½ minutes on POWER LEVEL 9 until vegetables are tender. Let stand, covered, 5 minutes before serving.

TINY MEAT LOAF

Power Level: 9
Temp. Setting: 145°F
Approx. Cooking Time: 16 min.
Yield: about 4 servings

1 pound ground beef
1 egg
⅓ cup dry bread crumbs
⅓ cup catsup
2 tablespoons milk or water
2 envelopes (¼ oz. ea.) instant onion soup

1. Combine all ingredients. In shallow baking dish, shape beef mixture into loaf, covered with wax paper, microwave on POWER LEVEL 9,

   TO HEAT BY TEMPERATURE: Insert probe into center of loaf; set TEMP. COOK at 145°F.

   TO HEAT BY TIME: Set time for 14 to 16 minutes.
2. Drain liquid occasionally during cooking. If necessary, shield ends of loaf with aluminum foil halfway through cooking. Let stand, covered, 5 minutes before serving.

Hint: *For even quicker cooking, shape meat into ring shape 9-inch pie plate. Set time for 9 to 10 minutes on POWER LEVEL 9.*

Note: For TWO servings, *follow above procedure using ½ pound ground beef, 1 egg, ¼ cup bread crumbs, 2 tablespoons catsup and 1 envelope instant onion-soup. Shape into two loaves. Heat by TIME only, 7 to 8 minutes on POWER LEVEL 9.*

SWEDISH MEATBALLS

Power Level: 9
Approx. Cooking Time: 11 min.
Yield: 4 to 6 servings

1 pound ground beef
1 egg
½ cup dry bread crumbs
½ cup milk
¼ cup finely chopped onion
2 teaspoons parsley flakes
½ teaspoon salt
⅛ teaspoon ground allspice
⅛ teaspoon pepper
1 can (10¾ oz.) condensed cream of mushroom soup

1. Combine ground beef, egg, bread crumbs, ¼ cup milk, onion, parsley, salt, allspice and pepper. Shape into 1¼-inch meatballs (about 30) and arrange in oblong baking dish. Heat 5½ to 6½ minutes on POWER LEVEL 9, rearranging meatballs once; push meatballs to one side of dish.
2. Blend in soup and remaining milk; combine with meatballs. Heat, covered, 3 to 4 minutes on POWER LEVEL 9 until heated through. Serve, if desired, over buttered noodles, sprinkled with additional parsley.

STUFFED GREEN PEPPERS

Power Level: HIGH
Approx. Cooking Time: 20 min.
Yield: 4 servings

1 pound ground beef
⅓ cup finely chopped onion
4 medium green peppers (about 1 lb.)
2 cans (8 oz. ea.) tomato sauce
¼ cup water
3 tablespoons grated Parmesan cheese
1 teaspoon salt
⅛ teaspoon pepper
½ cup packaged precooked rice

1. In medium glass bowl, crumble ground beef; stir in onion. Heat 3½ to 4½ minutes on HIGH until beef is brown, stirring once; drain.
2. Stir in 1 can tomato sauce, water, 1 tablespoon cheese, salt and pepper. Heat, covered, 2½ to 3½ minutes on HIGH. Stir in rice; let stand, covered, 5 minutes.
3. Meanwhile, cut peppers in half lengthwise; remove seeds and rinse. Spoon beef-rice filling into each half; place in oblong baking dish. Top with remaining sauce and cheese. Heat, covered, 10 to 12 minutes on HIGH until peppers are tender. Let stand, covered, 5 minutes before serving.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat ground beef 2 to 2½ minutes on HIGH, tomato sauce 2 to 2½ minutes on HIGH and peppers 5½ to 6½ minutes on HIGH.*

SALISBURY STEAK

Power Level: 9
Approx. Cooking Time: 17 min.
Yield: 6 servings

1½ pounds ground beef
1 can (10¾ oz.) condensed cream of mushroom soup
1 can (4 oz.) sliced mushrooms, drained
1 egg
¾ cup milk
½ cup dry bread crumbs
¼ cup finely chopped onion
⅛ teaspoon pepper

1. Combine ground beef, ¼ soup, ½ mushrooms, chopped, egg, ¼ cup milk, bread crumbs, onion and pepper. Shape into 6 patties and arrange in oblong baking dish. Heat, covered with wax paper, 13 to 14 minutes on POWER LEVEL 9, turning patties over* and rearranging once.
2. Drain and let stand, covered, 5 minutes. Meanwhile, in small glass bowl, combine remaining soup, mushrooms and milk; heat 2 to 3 minutes on POWER LEVEL 9, stirring once.
3. Pour sauce over patties and garnish, if desired, with parsley.

*If desired, brush top of patties with browning sauce blended with water.

SAVORY CABBAGE ROLLS

Power Level: HIGH
Approx. Cooking Time: 17 min.
Yield: 4 servings

1 small head cabbage (about 1½ lb.)
1 pound ground beef
¾ cup chopped onion
1 can (15 oz.) tomato sauce
½ cup cooked rice (see chart, page 105)
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons brown sugar
2 tablespoons cider vinegar

1. Cut core from cabbage; rinse. In medium glass bowl, heat, covered, 4 to 5 minutes on HIGH. Remove 8 leaves; reserve (use remaining cabbage in other recipes).
2. Into glass bowl, crumble ground beef: stir in onions. Heat 3½ to 4½ minutes on HIGH until beef is browned, stirring once; drain. Stir in ½ tomato sauce, rice, salt and pepper. To stuff cabbage, place beef-rice filling in cabbage leaf; roll up, folding edges in.
3. Arrange seam-side down in square baking dish. Pour in remaining tomato sauce blended with brown sugar and vinegar. Heat, covered, 6 to 7 minutes on HIGH. Let stand, covered, 5 minutes before serving.

BEEF

CITRUS SIMMERED STEAK

Power Level: HIGH→3 (LOW)
HIGH
Approx. Cooking Time: 1 hr.
Yield: 6 to 8 servings

2 to 2½ pounds boneless chuck steak (about 2-in thick)
½ cup orange juice
2 tablespoons barbecue sauce or catsup
2 tablespoons dried onion flakes
1 teaspoon grated orange peel
1 can (4 oz.) sliced mushrooms, drained
1 Orange, sliced
2 tablespoons cornstarch
¼ cup water

1. In 3-quart casserole dish, combine steak, juice, barbecue sauce, onion and orange peel. Heat, covered, 5minutes on HIGH.
2. Continue cooking on POWER LEVEL 3 an additional 50 to 52 minutes until steak is tender. turning steak over once. Remove steak to serving platter, let stand, covered, 10 minutes.

Meanwhile, into casserole, stir in mushrooms, orange and cornstarch blended with water.
3. Heat 2 to 3 minutes on HIGH until sauce is thickened; serve over steak.

CHILI BEEF LIVER

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
Approx. Cooking Time: 15 min.
Yield: about 2 servings

3 slices bacon
½ pound beef liver, thinly sliced
1 tablespoons flour
½ can (10½ oz. size) condensed onion soup
½ can (4 oz. size) sliced mushrooms, drained
2 tablespoons chili sauce or catsup

1. In oblong baking dish, arrange bacon; heat, covered with paper towel, 3 to 3½ minutes on HIGH. Remove bacon; crumble and reserve.
2. In dish, arrange liver lightly coated with flour; heat 1 to 2 minutes on HIGH. Turn liver over; add soup, mushrooms and chili sauce. Heat, covered, 3 minutes on HIGH
3. Continue cooking on POWER LEVEL 7 an additional 5 to 6½ minutes until liver is tender; top with reserved bacon. Serve, if desired, over rice.

BEEF STROGANOFF

Power Level: HIGH
9
Approx. Cooking Time: 15 min.
Yield: about 4 servings

1 pound boneless steak, cut into thin strips
3 tablespoons butter or margarine
1 large onion, thinly sliced
¼ pound fresh mushrooms, sliced
Beef broth
½ teaspoon salt
¼ teaspoon pepper
2 tablesppons flour
½ to 1 cup sour cream or plain yogurt
⅛ teaspoon browning sauce (optional)

1. In oblong baking dish, heat butter 1½ to 2 minutes on HIGH, add onion and heat 2 to 2½ minutes on HIGH, stirring once.
2. Add beef and mushrooms and heat 6½ to 7 minutes on POWER LEVEL 9, stirring twice.
3. Drain and reserve liquid; add enough broth to reserved liquid to equal ¾ cup. Sprinkle beef with salt and pepper. Into dish, blend in flour, then broth mixture; heat 2½ to 3 minutes on POWER LEVEL 9 until sauce is thickened.
4. Blend in sour cream and browning sauce and heat, if necessary, 2 to 3 minutes on POWER LEVEL 9.

Note: for TWO servings, *following above procedure; halve all ingredients. Heat butter 1 minute on HIGH, onion 1 to 1¼ minutes on HIGH, beef 3 to 3½ minutes on POWER LEVEL 9 and sauce 1 to 1½ minutes on POWER LEVEL 9.*

BEEF BOURGUIGNON CUBED

Power Level: HIGH
HIGH→2
2
HIGH
Approx. Cooking Time: 1 hr.
Yield: about 6 servings

1½ pounds beef cubes, cut into 1½-inch pieces
¼ cup butter or margarine
3 tablespoons brandy
1 cup beef broth
½ cup burgandy wine
2 bay leaves
⅛ teaspoon pepper
1 jar (16 oz.) whole boiled onions, drained and rinsed
¼ pound fresh mushrooms, halved or 1 jar (4½ oz.) sliced mushrooms, drained
¼ cup flour

1. In 4-quart casserole dish, heat butter 1½ minutes on HIGH until melted.
2. Add beef and heat 4 to 5 minutes on HIGH, stirring once.
3. In small glass bowl, heat brandy ¼ to ½ minute on HIGH; carefully flame. Stir into beef with ½ cup broth, wine, bay leaves and pepper. Heat, covered, 4 to 5 minutes on HIGH.
4. Continue cooking on POWER LEVEL 2 an additional 29 to 35 minutes, stirring once.
5. Add onions and mushrooms and heat, covered, 17 minutes on POWER LEVEL 2 until beef and vegetables are tender.
6. Stir in flour blended with remaining broth. Heat 2½ to 3 minutes on HIGH until sauce is thickened.

Hint: *For more wine flavor, increase burgandy wine to ¾ cup and use only ¾ cup broth.*

BEEF GOULASH

Power Level: HIGH→2
2
Approx. Cooking Time: 1⅓ hrs.
Yield: 6 to 8 servings

2 pounds beef cubes, cut into 1-inch pieces
1¼ cups water
1 envelope (1⅜ oz.) onion soup mix
1 can (3 oz.) whole mushrooms, drained
2 tablespoons paprika
¼ teaspoon caraway seeds
3 tablespoons cornstarch

1. In 3-quart casserole dish, combine beef, 1 cup water, onion soup mix, mushrooms, paprika and caraway. Heat, covered, 6 to 7 minutes on HIGH
2. Continue cooking on POWER LEVEL 2 an additional 65 to 70 minutes until beef is tender, stirring twice.
3. Stir in cornstarch blended with remaining water. Heat, uncovered, 3 minutes on POWER LEVEL 2 until thickened.

BEEF WITH BROCCOLI

Power Level: HIGH
Approx. Cooking Time: 17 min.
Yield: about 4 servings

1 pound boneless steak, cut into thin strips
1 tablespoon oil
3 to 4 cups broccoli flowerets
1 clove garlic, finely chopped
⅛ teaspoon ground ginger
1 tablespoon cornstarch
½ tablespoon sherry
1 tablespoon soy sauce
Toasted sesame seeds

1. In oblong baking dish, heat oil 2 minutes on HIGH.
2. Stir in beef, garlic and ginger, heat an additional 3½ to 4½ minutes, stirring twice.
3. Add broccoli and heat, covered, 5 to 6 minutes on HIGH until broccoli is crisp tender, stirring once.
4. Stir in cornstarch blended with broth, sherry and soy sauce; heat 3 to 4 minutes on HIGH until sauce is thickened, stirring once. Top with sesame seeds.

Hint: *If desired, combine beef with garlic, ginger broth, sherry and soy sauce; marinate 30 minuts. Drain and reserve marinade to thicken. Proceed as directed above.*

MUSHROOM STUFFED STEAK ROLLS

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
Approx. Cooking Time: 15 min.
Yield: 4 servings

1 to 1½ pounds top round steak, cut into 4 pieces
¼ pound fresh mushrooms, finely chopped
¼ cup finely chopped onion
2 tablespoons butter or margarine
2 cups soft bread crumbs
1 tablespoon parsley flakes
Salt and pepper to taste
1 can (10¼ oz.) beef gravy

1. In medium glass bowl, combine mushrooms, onion and butter; heat 2 to 3 minutes on HIGH, stir in bread crumbs and parsley.
   Butterfly steak and pound thin for rolling*. Season one side with salt and pepper.
2. Place mushroom mixture on seasoned side of each steak and roll up jelly-roll style. Tie with string or secure with wooden toothpicks.
3. In square baking dish, arrange rolls; top with gravy. Heat, covered, 5 minutes on HIGH.

4. Continue cooking on POWER LEVEL 7 an additional 6 to 7 minutes, rearranging rolls once. Let stand, covered, 5 minutes before serving.

***Hint:** *In some markets, steaks may be purchased ready for rolling.*

BRAISED BRISKET

Power Level: HIGH→2
Approx. Cooking Time: 1⅝ hrs.
Yield: about 8 servngs

3 to 3¼ pound beef brisket
1 cup water
1 envelope (1⅜ oz.) onion soup mix
1 regular size (10″ x 16″) cooking bag*

1. Prepare cooking bag according to package directions; place brisket, water and soup mix in bag. Set in oblong baking dish; close bag with twist-tie, wrapping ends around closure and making 6 (½ in.) slits in top of bag. Heat 5 minutes on HIGH.
2. Continue cooking on POWER LEVEL 2 an additional 105 minutes until beef is tender. Let stand 10 minutes before serving.

***Note:** *Brisket may also be heated in covered casserole dish.*

FRUITED POT ROAST

Power Level: HIGH→3 (LOW)
HIGH
Approx. Cooking Time: 1 hr.
Yield: about 6 servings

2 to 2½ pound boneless chuck roast (about 2-in thick)
1 cup apple cider
2 tablespoons brown sugar
3 whole cloves
1 stick cinnamon, broken
½ teaspoon salt
⅛ teaspoon pepper
12 pitted prunes
12 dried apricot halves
3 to 4 tablespoons flour
½ cup water

1. In 3-quart casserole dish, combine roast, cider, sugar, cloves, cinnamon, salt and pepper. Heat, covered, 5 minutes on HIGH.
2. Continue cooking on POWER LEVEL 3 an additional 52 minutes until roast is tender, turning roast over once.
3. Add prunes and apricots and heat, covered, 5 minutes on HIGH.
4. Remove roast to serving platter; let stand, covered, 10 minutes. Meanwhile, remove whole spices; into dish, stir flour blended with water. Heat 2 to 3 minutes on HIGH until gravy is thickened, stirring once.

PEPPER STEAK

Power Level: 9
HIGH
Approx. Cooking Time: 15 min.
Yield: about 4 servings

1 pound boneless steak, cut into thin strips
2 tablespoons oil
2 tablespoons soy sauce
Dash ground ginger
Salt to taste (optional)
2 medium green peppers, cut into chunks
2 medium onions, sliced
1 tablespoon cornstarch
½ cup beef broth

1. In oblong baking dish, heat oil 2 minutes on POWER LEVEL 9, add steak, soy sauce and ginger.
2. Heat 5 to 6 minutes on POWER LEVEL 9, stirring once; season with salt and stir in peppers and onions.
3. Heat, covered, 3 to 3½ minutes on HIGH until vegetables are crisp-tender.
4. Stir in cornstarch blended with broth and heat 3 to 3½ minutes on HIGH until sauce is thickened, stirring once.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat oil 1 minute on POWER LEVEL 9, steak 2 to 2½ minutes on POWER LEVEL 9, vegetables 1½ to 2 minutes on HIGH and broth 1½ to 2 minutes on HIGH.*

SHORT RIBS WITH BARBECUE SAUCE

Power Level: 7 (MEDIUM-HIGH)
HIGH→3 (LOW)
Approx. Cooking Time: 1⅝ hrs.
Yield: about 4 servings

4 pounds beef short ribs
1 medium onion, sliced
½ cup sliced celery
1¼ cups catsup
¼ cup brown sugar
¼ cup cider vinegar
¼ cup flour
1 teablespoon Worcestershire sauce
½ teaspoon salt
¼ teaspoon dried mustard powder

1. In oblong baking dish, arrange ribs*, onion and celery. Heat, covered, 10 minutes on POWER LEVEL 7.
   Meanwhile, combine remaining ingredients; pour over ribs.
2. Heat, covered, 5 minutes on HIGH.
3. Continue cooking on POWER LEVEL 3 an additional 52 minutes until ribs are tender, rearranging ribs once and basting with sauce occasionally.

***Hint:** *Arrange ribs with meatiest portions toward edge of dish.*

FLANK STEAK

Power Level: HIGH
HIGH→3 (LOW)
Approx. Cooking Time: 34 min.
Yield: about 4 servings

1 beef flank steak (1½ to 1¾ lb.)
¼ pound fresh mushrooms
½ cup finely chopped onion
1 clove garlic, finely chopped
3 tablespoons butter or margarine
1 package (10 oz.) frozen chopped spinach, thawed and well drained*
2 beef bouillon cubes
1 cup hot water
1 can (10¾ oz.) condensed cream of mushroom soup
2 tablespoons dry vermouth (optional)

1. Chop ½ cup mushrooms; in glass bowl, combine with onion, garlic and butter.
   Heat 2 to 3 minutes on HIGH until onion and mushrooms are tender; stir in spinach.
   Pound flank steak with a mallet; spread spinach mixture on steak in a lengthwise strip.
2. Roll steak lengthwise around filling; tie with string or secure with wooden toothpicks. Place steak roll in an oblong baking dish.
3. Combine bouillon, water, soup and vermouth; add remaining mushrooms, sliced. Pour sauce over steak roll. Heat, covered, 8 to 9 minutes on HIGH
4. Continue cooking on POWER LEVEL 3 an additional 17 to 22 minutes until beef is tender. Let stand, covered, 10 minutes before serving.

***Hint:** *To quickly thaw packaged frozen vegetables,* *see page 166*

PORK AND HAM

CRANBERRY GLAZED HAM

Power Level: HIGH
7 (MEDIUM-HIGH)
Temp. Setting: 130°F
Approx. Cooking Time: 11 min. (per pound)
Yield: 12 to 20 servings

3 to 5 pound canned ham
¾ cup cranberry juice
¼ cup orange juice
¼ cup brown sugar
¼ cup raisins
1 tablespoon cornstarch
Dash ground cloves
Whole cloves

1. In small glass bowl, combine juices, sugar raisins, cornstarch and ground cloves. Heat 2½ to 3½ minutes on HIGH until glaze is thickened, stirring once. Decorate ham with whole cloves.
2. Place ham on microwave oven safe roasting rack set in oblong baking dish, microwave on POWER LEVEL 7.

   TO HEAT BY TEMPERATURE: Insert probe into ham. Set TEMP. COOK at 130°F.

   TO HEAT BY TIME: Set time 9 to 11 minutes per pound.
3. Halfway through cooking, spoon on ½ glaze; baste occasionally with remaining glaze. Let stand, covered, 10 minutes before serving.

HAM STEAK WITH RAISIN SAUCE

Power Level: HIGH
9
Approx. Cooking Time: 13 min.
Yield: about 4 servings

1 pound ham steak (1-in. thick)
½ cup water
⅓ cup raisins
⅓ cup currant jelly
½ teaspoon greated orange peel
Dash ground allspice
1 tablespoon cornstarch
⅓ cup orange juice

1. In glass bowl, combine water, raisins, jelly, orange peel and allspice; heat 3 to 4 minutes on HIGH, stirring once.
2. Stir in cornstarch blended with orange juice and heat 1 minute on POWER LEVEL 9 until sauce is thickened, stirring once.
   In oblong baking dish, heat ham 6 to 7 minutes on POWER LEVEL 9, turning ham over and rotating dish once.
3. Pour raisin sauce over ham; heat 1 minute on POWER LEVEL 9. Let stand, covered, 4 minutes before serving

COUNTRY STUFFED PORK CHOPS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 18 min.
Yield: 4 servings

4 rib-cut pork chops (¾-in. thick)
Pepper
½ cup finely chopped apple
¼ cup thinly sliced celery
3 tablespoons raisins
⅛ teaspoon ground cinnamon
¾ cup apple juice
Browning sauce
2 tablespoons flour
½ teaspoon salt

1. Cut pocket in each chop; sprinkle inside with pepper. Combine apple, clelery, raisins and cinnamon. Stuff each chop with apple mixture and secure opening with wooden toothpicks. In square baking dish, arrange chops, ribs toward center, add ½ cup apple juice. Brush chops with browning sauce.

Heat, covered, 14 to 16 minutes POWER LEVEL 7, basting chops one. Remove chops to serving platter; let stand, covered 5 minutes.
2. Meanwhile, into baking dish, stir in flour blended with remaining apple juice and salt. Heat 2 minutes POWER LEVEL 7 until thickened, stirring once. Serve over chops.

CHINESE PORK AND GREEN VEGETABLES

Power Level: 9
Approx. Cooking Time: 14 min.
Yield: about 4 servings

1 pound boneless pork, cut into thin strips
2 bunches green onions, cut into ¾-inch pieces (about ⅔ cup)
2 tablespoons oil
2 tablespoons soy sauce
⅛ teaspoon garlic powder
1 package (6 oz.) frozen pea pods, thawed*
1½ to 2 tablespoons cornstarch
1 cup beef broth

1. In oblong baking dish, heat oil 2 minutes on POWER LEVEL 9; stir in pork, soy sauce and garlic. Heat 4 to 5 minutes on POWER LEVEL 9, stirring occasionally.
2. Add pea pods and green onions; heat, covered, 3 minutes on POWER LEVEL 9, stirring once. Stir in cornstarch blended with broth and heat 3 to 4 minutes on POWER LEVEL 9 until sauce is slightly thickened, stirring occasionally. Serve, if desired, over rice.

***Hint:** *To quickly thaw packaged frozen vegetables,* *see page 166*

OVEN-FRIED PORK CHOPS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 17 min.
Yield: 6 servings (1 chop ea.)

6 rib pork chops, ½-inch thick
1 package (1⅜ oz.) seasoned coating mix for pork

1. Coat chops according to package directions. In paper towel lined oblong baking dish, arrange chops, ribs toward center.
2. Heat 15 to 16½ minutes on POWER LEVEL 7, turning chops over once and rotating dish once. Let stand, covered, 5 minutes before serving.

Note: **For FOUR pork chops,** *follow above procedure. Heat 11½ to 13 minutes on POWER LEVEL 7.*
For TWO pork chops, *heat 6½ to 8 minutes on POWER LEVEL 7.*
For ONE pork chop, *heat 3 to 4½ minutes on POWER LEVEL 7.*

LOIN OF PORK WITH APRICOT GLAZE

Power Level: HIGH→7 (MEDIUM-HIGH)
7 (MEDIUM-HIGH)
Temp. Setting: 160°F
Approx. Cooking Time: about 1½ hrs.
Yield: about 8 servings

5 to 6 pound pork rib roast*
1 package (12 oz.) dried apricots, chopped
1 cup apricot nectar or apple juice
½ cup water
2 tablespoons honey
1 tablespoon lemon juice
1 stick cinnamon, broken
2 tablespoons cornstarch
2 tablespoons orange juice
Pepper

1. In small glass bowl, combine apricots, nectar, water, honey, lemon juice and cinnamon. Heat 4 to 5 minutes on HIGH until mixture boils.
2. Continue cooking on POWER LEVEL 7 an additional 5 minutes; stir in cornstarch blended with orange juice. Heat 2 to 3 minutes on POWER LEVEL 7 until glaze is thickened, stirring twice; remove cinnamon.
3. Season roast with pepper; arrange on microwave oven safe roasting rack in oblong baking dish, microwave on POWER LEVEL 7.

   TO HEAT BY TEMPERATURE: Insert probe into roast, Set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set time 11 to 13 minutes per pound until roast registers 160°F when tested with conventional meat thermometer. (Remove roast from oven before testing doneness).
4. Basting every 10 minutes with glaze and draining liquid occasionally. Let stand, covered, 15 minutes before serving.

***Hint:** *For easy carving, when buying roast have backbone (chinbone) cracked.*

SOUTHERN BARBECUED RIBS

Power Level: HIGH→3 (LOW)
Approx. Cooking Time: 31 min.
Yield: about 4 servings

2 pounds pork spareribs, cut into individual ribs
1 cup barbecue sauce
2 tablespoons honey or dark corn syrup
2 tablespoons flour
1 tablespoon soy sauce

1. In oblong baking dish, combine all ingredients. Heat, covered, 10 minutes on HIGH
2. Continue cooking on POWER LEVEL 3 an additional 17 to 21 minutes until ribs are tender, stirring once.

GLAZED HAM

Power Level: 7 (MEDIUM-HIGH)
Temp. Setting: 145°F
Approx. Cooking Time: about 2 hrs.
Yield: about 12 to 14 servings

10 to 12 pound cooked ham (bone-in)
1 cup light brown sugar
¾ cup light corn syrup
⅓ cup prepared mustard
1 can (20 oz.) sliced pineapple, drained
1 can (20 oz.) pear halves, drained
8 to 10 preserved kumquats
8 to 10 maraschino cherries

1. In small glass bowl, combine sugar, syrup and mustard; heat 3 to 4 minutes on POWER LEVEL 7 until sugar is dissolved and mixture boils, stirring once. Place ham (fat side up) on microwave oven safe roasting rack set in oblong baking dish; heat, covered with wax paper, 30 minutes on POWER LEVEL 7, turning dish once.
2. Remove skin from ham (if necessary) and score fat; brush with ¼ cup glaze, microwave on POWER LEVEL 7,

   TO HEAT BY TEMPERATURE: Insert probe into ham. Set TEMP. COOK at 130°F. Arrange fruit on ham; secure with wooden toothpicks and brush with glaze. Set TEMP. COOK at 145°F.

   TO HEAT BY TIME: Set time for additional 60 minutes.
3. Arrange fruit on ham as instructed above. Heat 30 minutes on POWER LEVEL 7 until ham registers 145°F when tested with conventional meat thermometer. (Remove ham from Microwave oven before reading temperature.),
4. Drain liquid from dish occasionally. Let stand, covered, 15 minutes before serving.

POLISH SAUSAGE (KIELBASA) WITH RED CABBAGE

Power Level: HIGH
Approx. Cooking Time: 21 min.
Yield: about 6 servings

1 ring (1¾ to 2 lb.) Kielbasa sausage
1 small head (about 2 lb.) red cabbage, shredded*
1 small apple, chopped
¼ cup sugar
¼ cup cider vinegar
1 tablespoon dried onion flakes
½ teaspoon caraway seeds
½ teaspoon salt

1. In oblong baking dish, combine cabbage, apple, sugar, vinegar, onion, caraway and salt. Heat, covered, 7 to 8 minutes on HIGH, stirring twice.
2. Meanwhile, make ¼-inch slits every few inches in Kielbasa; arrange on red cabbage. Heat, covered, 12 to 13 minutes on HIGH until heated through. Let stand, covered, 5 minutes before serving.

***Substitution:** *Use 2 jars (16 oz. ea.) red cabbage, drained for fresh cabbage. Do not heat cabbage separately. Arrange Kielbasa on red cabbage blended with remaining ingredients. Heat, covered, 15 to 17 minutes on HIGH until heated through.*

PEACHY PORK ROAST

Power Level: HIGH
7 (MEDIUM-HIGH)
5 (MEDIUM)
Temp. Setting: 160°F
Approx. Cooking Time: 45 min.
Yield: about 6 servings

3 to 3¼ pound pork rib roast (about 6 ribs)*
Water
1 can (8½ oz.) sliced peaches, drained and chopped (reserve syrup)
1 package (6 oz.) stuffing mix for pork with seasoning packet
1 egg
⅓ cup chopped walnuts
¼ cup butter or margarine
¼ cup peach preserves

1. In 2-cup glass measure, add enough water to reserved syrup to equal 1½ to 1¾ cups. Heat 2 to 3 minutes on HIGH until hot. In medium glass bowl, combine liquid with peaches, stuffing mix (and included seasoning packet), egg, walnuts and butter; stir until liquid is absorbed and butter is melted.
2. Cut pockets in pork roast, one opposite each bone. Stuff each pocket with 2 tablespoons stuffing; secure with string or wooden toothpicks. In oblong baking dish, arrange roast on microwave oven safe roasting rack. Microwave on POWER LEVEL 7,

   TO HEAT BY TEMPERATURE: Insert probe into roast (make sure tip of probe is touching meat—not stuffing). Set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set time for 11 to 13 minutes per pound
3. Halfway during cooking, brush on peach preserves. Let stand, covered, 10 minutes before serving.
4. Meanwhile, heat remaining stuffing 6 to 7 minutes on POWER LEVEL 5, stirring twice. Serve with roast.
   To carve roast, remove string; cut in between each bone.

***Hint:** *For easy carving, when buying roast, have the backbone (chinbone) cracked.*

SWEET'N SOUR PORK

Power Level: 9
Approx. Cooking Time: 14 min.
Yield: about 4 servings

1 pound bonless pork, cut into ¾-inch cubes
1 can (8¼ oz.) chunk pineapple in heavy syrup, drained (reserve ⅓ cup syrup)
¼ cup cider vinegar
1 tablespoon cornstarch
2 tablespoons oil
¼ cup soy sauce
1 bunch green onions, thinly sliced (about 3 tbsp.)
1 green pepper, cut into small chunks

1. In small glass bowl, combine reserved syrup, vinegar and cornstarch; heat ¾ to 1 minute on POWER LEVEL 9 until thickened, stirring once.
2. In square baking dish, heat oil 2 minutes; on POWER LEVEL 9, stir in pork, soy sauce and onion. Heat 7 to 8 minutes on POWER LEVEL 9, stirring twice.
3. Add green pepper and pineapple; heat on POWER LEVEL 9, covered, 2 to 3 minutes or until pork is tender
4. Stir in sauce and let stand, covered, 5 minutes before serving.

VEAL

VEAL PAPRIKA

Power Level: HIGH→3 (LOW)
HIGH
Approx. Cooking Time: 34 min.
Yield: about 4 servings

1 pound veal cubes, cut into 1½-inch pieces
½ pound fresh mushrooms, sliced
1 cup chicken broth
½ cup finely chopped onions
½ to 1 teaspoon paprika
½ teaspoon salt
⅛ to ¼ teaspoon pepper
Dash caraway seeds
2 to 3 tablespoons flour
½ cup sour cream

1. In 2-quart casserole dish, combine veal, mushrooms, ½ cup broth, onion, paprika, salt, pepper and caraway. Heat, covered, 5 minutes on HIGH.
2. Continue cooking on POWER LEVEL 3 an additional 21 to 26 minutes until veal is tender, stirring occasionally. Drain liquid and reserve ½ cup. Into dish, add flour blended with remaining broth and reserved liquid.
3. Heat 2 to 3 minutes on HIGH until sauce is thickened; blend in sour cream.

VEAL CUTLETS WITH CAPER SAUCE

Power Select: 9
7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: 4 servings

4 veal cutlets (about 1 lb.), pounded thin.
1 egg, beaten with ¼ cup water
½ cup seasoned dry bread crumbs
½ tablespoon parsley flakes
½ teaspoon paprika
2 tablespoons oil
1 tablespoon butter or margarine
1 tablespoon flour
½ cup milk
½ cup sour cream
1 to 2 tablespoon capers

1. Dip cutlets in egg, then in bread crumbs mixed with parsley and paprika. Coat bottom of oblong baking dish with oil; place cutlets in dish. Heat 5 to 7 minutes on POWER LEVEL 9, turning cutlets over once; drain on paper towel. Remove to serving platter and let stand, covered, 5 minutes.
2. Meanwhile, in small glass bowl, heat butter ½ minute on POWER LEVEL 9 until melted; stir in flour, then milk. Heat 3 minutes on POWER LEVEL 9 until thickened, stirring once. Stir in sour cream and capers; if necessary, heat 1 to 2 minutes on POWER LEVEL 7. Serve over cutlets.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat cutlets 1 to 1½ minutes on POWER LEVEL 9 each side and heat milk 1¼ to 1¾ minutes on POWER LEVEL 9.*

WURST WITH KRAUT

Power Level: HIGH
Approx. Cooking Time: 17 min.
Yield: 6 servings

6 knockwurst sausages (about 3 oz. ez.)
6 tablespoons butter or margarine
1½ cups chopped onion (about 2 medium)
2 cups sliced apples (about 2 medium)
2 cans (16 oz. ea.) sauerkraut, drained and rinsed
½ cup beef broth
¼ teaspoon caraway seeds
¼ teaspoon pepper

1. In oblong baking dish, heat butter and onion 3 to 3½ minutes on HIGH. Stir in apples and heat 3 to 4½ minutes on HIGH. Stir in sauerkraut, broth, caraway and pepper.
2. Score knockwurst diagonally and arrange on sauerkraut mixture. Heat 8 to 9 minutes on HIGH, rearranging knockwurst once. Let stand, covered, 5 minutes.
Garnish, if desired, with additional apple slices and parsley.

VEAL CUTLETS CORDON BLEU

Power Level: 9
Approx. Cooking Time: 8 min.
Yield: 4 servings

4 veal cutlets (about 1 lb.), pounded thin*
2 thin slices cooked ham, halved
2 slices (rectangular) Swiss cheese, halved
1 cup seasoned dry bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
Ground allspice
1 egg, beaten with ¼ cup water
3 tablespoons oil

1. On one side of each cutlet, place ham and cheese; fold cutlet in half. Pound edges together to seal or secure with wooden toothpicks. Dip cutlets in bread crumbs mixed with salt, pepper and allspice; dip in egg, then again in bread crumbs. Coat bottom of oblong baking dish with ½ oil; place cutlets in dish. Sprinkle remaining oil on cutlets.
2. Heat 7 to 8 minutes on POWER LEVEL 9, turning cutlets over once.
   Let stand, covered with wax paper, 5 minutes before serving.

***Variation:** *Use chicken cutlets for veal.*

LAMB

MARINATED LAMB KABOBS

Power Level: HIGH
9
HIGH
Approx. Cooking Time: 21 min.
Yield: 4 servings

1 pound lamb cubes, cut into 1½-inch pieces
2 cups water
¾ cup finely chopped onion
½ cup lemon juice
3 tablespoons bacon drippings or oil
2 tablespoons brown sugar
½ teaspoon curry powder
1 teaspoon coriander (optional)
½ teaspoon tumeric (optional)
2 bay leaves
8 small onions, peeled
1 large yam, cut into 1½-inch chunks
1 large green pepper, cut into chunks
1 tablespoon cornstarch

1. In medium glass bowl, combine water, chopped onion, lemon juice, bacon drippings, sugar, curry, coriander, tumeric and bay leaves; heat 9 to 10 minutes on HIGH, stirring once.
2. Add lamb and marinate, if desired, in refrigerator at least 3 hours, stirring occasionally.
   On four 9 or 10-inch wooden skewers*, alternately thread lamb, onion, yam and green pepper; arrange kabobs on 8-inch square baking dish.
   Heat 6 to 8 minutes on POWER LEVEL 9 rearranging kabobs and basting with drippings once.
3. Let stand, covered, 5 minutes before serving. Meanwhile, strain marinade into small glass bowl and blend in cornstarch.
   Heat 2 to 3 minutes on HIGH, stirring twice; serve with kabobs.

***Note:** *If wooden skewers are unavailable, metal skewers may be used. (See Introduction page 6) for special instructions.*

CROWN ROAST OF LAMB

Power Level: 7 (MEDIUM-HIGH)
Temp. Setting: 145°F for Medium
160°F for Well
Approx. Cooking Time: 37 min.
Yield: about 6 servings

2 racks of lamb (about 2¾ lb.), cut and tied into crown roast
¼ cup orange marmalade
¼ cup thinly sliced celery
¼ cup finely chopped onion
2 tablespoons butter or margarine
2 to 3 cups cooked rice (see page 105)
1 small orange, peeled, sectioned and chopped
1 small grapefruit, peeled, sectioned and chopped
½ teaspoon salt
⅛ teaspoon ground sage
⅛ teaspoon pepper
Browning sauce

1. In small glass bowl, heat marmalade 1 minute on POWER LEVEL 7 until marmalade is melted; set aside.
   In oblong baking dish, set roast on microwave oven safe roasting rack. Heat 10 to 12 minutes on POWER LEVEL 7. Let stand covered, 5 minutes
2. Meanwhile, in medium glass bowl, heat celery, onion and butter 2½ to 3 minutes on POWER LEVEL 7 until celery is tender. Stir in rice, orange, grapefruit, salt, sage and pepper; heat 2 to 3 minutes on POWER LEVEL 7
3. Transfer roast to microwave oven safe serving platter; gently fill center with stuffing mixture. Brush outside of roast with browning sauce, then marmalade. Microwave on POWER LEVEL 7.

   TO HEAT BY TEMPERATURE: Insert probe into meaty portion of roast. Set TEMP. COOK at 145°F for Medium, 160°F for Well.

   TO HEAT BY TIME: Set time for 10 minutes for Medium, 18 minutes for Well until roast registers 145°F or 160°F when tested with conventional meat thermometer. (Remove roast from microwave oven before reading temperature).
4. Let stand, covered, 10 minutes before serving.

Note: *If desired, add ½ pound browned ground lamb, drained, to stuffing mixture; reduce rice to 1½ to 2 cups.*

CURRY LAMB

Power Level: HIGH
HIGH→3 (LOW)
Approx. Cooking Time: 32 min.
Yield: about 4 servings

1 pound lamb cubes, cut into 1½-inch pieces
¾ cup finely chopped onion
¼ cup butter or margarine
3 tablespoons flour
1 cup chicken broth
⅓ cup flaked coconut
⅓ cup raisins or peanuts
3 tablespoons lemon juice
1 to 1½ tablespoons curry powder
½ teaspoon ground ginger
½ teaspoon salt

1. In 2½-quart casserole dish, heat lamb, onion and butter 5 to 6 minutes on HIGH, stirring once. Stir in flour, then remaining ingredients. Heat, covered, 5 minutes on HIGH
2. Continue cooking on POWER LEVEL 3 an additional 17 to 21 minutes until lamb is tender, stirring twice. Serve, if desired, over rice.

PERSIAN LAMB WITH PEACHES

Power Level: HIGH→3 (LOW)
HIGH
Approx. Cooking Time: 38 min.
Yield: about 6 servings

Water
1½ pounds boneless lamb, cut into 1½-inch cubes*
1 can (16 oz.) peach slices, drained (reserve syrup)
1 envelope (1 oz.) onion-mushroom soup mix
1 tablespoon lemon juice
¼ teaspoon ground cinnamon
⅛ teaspoon ground cloves
¼ cup raisins
2 tablespoons cornstarch

1. Add enough water to reserve syrup to equal 1 cup. In 2-quart casserole dish, combine with lamb, soup mix, lemon juice, cinnamon and cloves. Heat, covered, 6 to 7 minutes on HIGH
2. Continue cooking on POWER LEVEL 3 an additional 26 minutes until lamb is tender. Stir in peaches, raisins and cornstarch blended with ¼ cup water.
3. Heat 4 to 5 minutes on HIGH until sauce is thickened, stirring once.

***Substitution:** *Use beef cubes for lamb.*

Pictured on the following page: Baked Chicken with Corn Bread, Roast Duck with Orange, Roast Turkey

Poultry

Special Hints for Preparing Poultry 45
Information for Cooking Poultry 45
Special Hints for Defrosting Poultry 47

CHICKEN

Barbecued Chicken 48
Butter Baked Chicken 48
Baked Chicken with Corn Bread Stuffing 48
Party Chicken Roll-ups 48
Apricot Glazed Chicken 49
Chicken Livers Mushrooms 49
Chicken in Wine Sauce 49
Chicken Cacciatore 49
Western Chicken 49
Herb Baked Chicken 50
Hawaiian Chicken 50
Chicken with Creamy Mushrooms Sauce 50
Chicken with Snow Peas 50
Chicken Almandine 50
Chicken Parmesan 51
Korean Chicken and Cashews 51
Kabobs in Jam 51
Chicken Afrique 51
Chicken'n Shrimp in Red Wine Sauce 52
Crispy Chicken 52
Chicken Cheese Taste Treat 52
Curry Chicken 52
Spirited Chicken 52

TURKEY AND OTHER POULTRY

Pecan Stuffed Pheasant 53
Roast Turkey 53
Cornish Hens with Peach Sauce 53
Turkey Divine 53
Roast Duck with Orange 54
Stuffed Cornish Hens with Orange Honey Sauce 54
Turkey with Nut Stuffing 54

STUFFING

Corn Bread Stuffing 55
Convenience Stuffing Mixes 55
Basic Bread Stuffing 55
Apple Sausage Stuffing 55

All types of poultry, whether a whole bird or poultry parts cook quickly and easily in the microwave oven. And no more cooking all night Thanksgiving. Thanks to your microwave oven, you can enjoy the holiday with the rest of your family, spending a much shorter time in meal preparation. Carefully read special hints for the new leisure way of preparing poultry.

SPECIAL HINTS FOR PREPARING POULTRY

For Whole Birds—Fresh or thawed

- Stuff bird, if desired; close cavity with string or wooden toothpicks.
- Tie wings and legs tightly to body of bird.
- Place poultry, cleaned and wiped dry, on microwave oven safe roasting rack in a shallow baking dish. If this specially designed rack is unavailable, an inverted saucer or casserole lid works well in holding the bird out of its juices.
- Brush bird with borwning sauce before cooking to enhance appearance.
- Heat poultry (over 5 lb.) breast-side down during first half of cooking.
- Loosely cover baking dish with wax paper to prevent splattering.
- Drain juices as they accumulate in baking dish. If desired, reserve for making gravy.
- Cover thin points (wings and legs) with strips of aluminum foil halfway through cooking to prevent overcooking in these areas. Wooden toothpicks can be used to hold foil in place.
- Let stand, covered, 10 to 15 minutes before serving. This time allows the temperature to equalize throughout. The internal temperature will rise 5° to 10°F . . . a good time to prepare gravy or a vegetable.
- Use a cooking bag or covered casserole when cooking less tender hens. These should be surrounded by liquid (soup, broth, etc.) to help retain moisture, producing a tender, juicy bird.
- Prepare cooking bag as package directs. The enclosed twist-tie may be used to seal the cooking bag; be sure to wrap ends tightly around the closure (and do not allow the ends to stick up). Make six half-inch slits near the top to allow excess steam to escape.

Note: *A thermometer may be used after cooking time is completed to check the internal temperature of the food. A microwave oven safe thermometer may be used during cooking. Do NOT use a conventional meat thermometer in poultry while operating the microwave oven.*

INFORMATION FOR COOKING POULTRY

How to Program

–FIRST SETTING (TIME COOKING)–

- *Tie wings and legs tightly to body of bird.
- *Place poultry, cleaned and wiped dry, in shallow baking dish.
- *Season as desired, cover.
- *Microwave on FIRST POWER LEVEL Setting for time setting indicated in chart below.
- *Push START pad.

–SECOND SETTING (TEMP. COOKING)–

- *Insert probe sensor in thickest part of poultry, avoiding contact with bone.
- *Cover, set temperature using TEMP. COOK setting given in chart below.
- *Set to SECOND POWER LEVEL setting as indicated in chart below.
- *Push START pad.
- *After cooking, let stand, covered, for 5 to 10 minutes before serving.

Hint: *Foil may be used to cover portions of the poultry, such as wings or drumsticks, that appear to be drying and darkening during cooking.*

POULTRY MICROWAVING GUIDE

TYPE	AMT.	FIRST		SECOND		TECHNIQUE DURING COOKING
		POWER LEVEL SETTING	COOK TIME (in min. per pound)	TEMP. COOK SETTING	POWER LEVEL SETTING	
Chicken						
Whole, Fryer	2 to 3 lbs.	—	—	170 to 175°F	HIGH	—
	3 to 4 lbs.	—	—	170 to 175°F	HIGH	—
Turkey						
Whole	8 to 10 lbs.	HIGH	5	170 to 175°F	7 (MEDIUM-HIGH)	Turn over once
	10 to 14 lbs.	HIGH	5	170 to 175°F	7 (MEDIUM-HIGH)	Turn over once

TYPE	AMT.	FIRST		SECOND		TECHNIQUE DURING COOKING
		POWER LEVEL SETTING	COOK TIME (in min. per pound)	TEMP.COOK SETTING	POWER LEVEL SETTING	
Turkey Parts	2 to 3 lbs.	—	—	170 to 175°F	7 (MEDIUM-HIGH)	Turn over wings and drumsticks
Goose Whole	9 to 11 lbs.	—	—	170 to 175°F	7 (MEDIUM-HIGH)	Turn over once
Pheasant Whole	2 to 3 lbs.	—	—	170 to 175°F	7 (MEDIUM-HIGH)	—
Rock Cornish Game Hen Whole	4 lbs. ea.	—	—	170 to 175°F	HIGH	Turn over once

How to Temp. Cook Chicken Pieces

- Place chicken pieces in casserole or shallow baking dish.
- Brush with melted butter or browning sauce, if desired.
- Insert probe sensor in center of casserole or chicken, cover.
- Set temperature of desired doneness using TEMP. COOK and microwave on POWER LEVEL setting as indicated in chart below.
- Push START pad.
- After cooking, let stand, covered, for 5 to 7 minutes before serving.

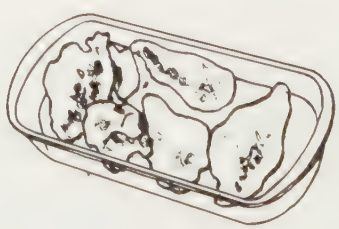
MICROWAVING GUIDE FOR CHICKEN PIECES

CUT	AMT.	TEMP.COOK SETTING	POWER LEVEL SETTING
1 DRUMSTICK OR WING	4 oz.	170 to 175°F	HIGH
1 BREAST OR THIGH	5 to 6 oz.	170 to 175°F	HIGH
3 INDIVIDUAL PIECES (ASSORTED)	14 oz.	170 to 175°F	HIGH
1 QUARTER	10 oz.	170 to 175°F	HIGH
½ CHICKEN	1 to 1½ lbs.	170 to 175°F	HIGH

Insert probe into thigh joint

Arrange chicken pieces meatier portions toward edge of dish

Using foil when cooking chicken



SPECIAL HINTS FOR DEFROSTING POULTRY

- Defrost poultry and game in original wrapper (not foil), set in a shallow baking dish to catch liquid.
- Turn poultry or game over every 15 minutes.
- Let poultry or game stand equal time before preparing.
- Rinse under cold water to remove remaining ice crystals.
- Estimate 5 minutes per pound defrosting time for poultry and game not listed below.

One Stage Defrosting

Small amounts of poultry can be defrosted in one stage on the DEFROST cycle:

- Place frozen poultry in oven covered.
- Touch DEFROST function pad and heat for time given in chart.
- Push START pad.

ONE STAGE POULTRY DEFROSTING GUIDE

CUT	AMT.	DEFROST TIME (in min.)	STANDING TIME (in min.)	STANDING METHOD
POULTRY				
Breast, Chicken	2 lbs.	9 to 10	5	Stand in original container in cold Water
Fryer, Chicken (Cut up)	3 lbs.	13 to 16	5	
Drumsticks	1 lb.	9 to 10	5	
Wings	1½ lbs.	7 to 8	5	
Thighs	1 lb.	9 to 10	5	

Two Stage Defrosting

Larger pieces of poultry defrost more evenly if two power levels are used, POWER LEVEL 6 and 3.

- Place frozen poultry in oven covered.
- Touch TIME COOK 1, select first time given in chart, touch POWER LEVEL, select POWER LEVEL 6.
- Touch TIME COOK 2, select second time given in chart, touch POWER LEVEL, select POWER LEVEL 3.
- Push START pad.

TWO STAGE POULTRY DEFROSTING GUIDE

CUT	AMT.	FIRST DEFROST TIME (in min.) on POWER LEVEL 6	SECOND DEFROST TIME (in min.) on POWER LEVEL 3 (LOW)	TOTAL DEFROST TIME (in min.)	STANDING TIME (in min.)	STANDING METHOD
POULTRY						
Chicken Roasting	5 lbs.	8 to 9	18 to 20	29	10	Stand in original container in cold water.
Turkey	10 to 12 lbs.	20 to 22	35 to 40	62	20	Turn large birds over once during thawing.

CHICKEN

BARBECUED CHICKEN

Power Level: HIGH
Approx. Cooking Time: 15 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
1 cup barbecue sauce*

1. In oblong baking dish, arrange chicken, meatier portions toward edge of dish; evenly spread sauce over chicken. Heat, covered with wax paper, 10 to 11 minutes on HIGH, basting chicken with sauce once.
2. Heat, uncovered, 3 to 4 minutes on HIGH until chicken is tender. Let stand, covered, 7 minutes before serving.

***Hint:** *Use bottled barbecue sauce or see page 86 for a tangy homemade sauce.*

Note: **For TWO servings,** *follow above procedure; halve all ingredients. Heat chicken, covered with wax paper, 5½ to 6½ minutes on HIGH. Heat, uncovered, 1½ to 2 minutes on HIGH.* **For ONE serving,** *heat chicken, covered with wax paper, 3½ to 4½ minutes on HIGH. Heat, uncovered, 1 to 1½ minutes on HIGH.*

BUTTER BAKED CHICKEN

Power Level: HIGH
Approx. Cooking Time: 13 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
3 tablespoons butter or margarine, melted*
1 teaspoon browning sauce

1. In oblong baking dish, arrange chicken, meatier portions toward edge of dish. Combine butter and browning sauce and brush ½ mixture over chicken. Heat, Covered with wax paper, 11 to 13 minutes on HIGH until chicken is tender; half way through cooking, brush remaining butter mixture on chicken.
2. Let stand, covered, 7 minutes before serving.

***Hint:** *To melt butter in your microwave oven, see Time-Saving Hints, page 167.*

Note: **For TWO servings,** *follow above procedure. Halve all ingredients and heat 5½ to 6½ minutes on HIGH.* **For ONE serving,** *heat chicken 3½ to 4½ minutes on HIGH.*

BAKED CHICKEN WITH CORN BREAD STUFFING

Power Level: HIGH
Approx. Cooking Time: 21 min.
Yield: 6 servings

3 chicken breasts, split (about 2½ lb.)
1¼ to 1½ cups hot water
½ cup butter or margarine
1 package (6 oz.) corn bread stuffing mix with seasoning packet
1 tablespoon butter or margarine, melted
¼ teaspoon browning sauce
1 can (10½ oz.) chicken gravy

1. In 3-quart oblong baking dish, heat water, ½ cup butter and seasoning packet 3½ to 4 minutes on HIGH; stir in stuffing crumbs.
2. Arrange chicken on stuffing; brush with melted butter mixed with browning sauce. Heat, covered with wax paper, 12 to 13 minutes on HIGH until chicken is tender. Let stand, covered, 5 minutes.
3. Meanwhile, in small glass bowl, heat gravy 3 to 3½ minutes on HIGH, stirring once; serve over chicken.

PARTY CHICKEN ROLL-UPS

Power Level: 7 (MEDIUM-HIGH)
HIGH
Approx. Cooking Time: 11 min.
Yield: 4 servings

2 boneless chicken breasts, skinned, split and pounded thin (about 1 to 1¼ lb.)
Chili powder
Pepper
½ cup shredded Cheddar or Monterey jack cheese
4 teaspoons finely chopped jalapeno or green chili peppers
¼ cup butter or margarine, melted*
¾ cup crushed taco or corn chips
1 can (8 oz.) taco or seasoned tomato sauce

1. Season one side of each chicken with chili powder and pepper; sprinkle cheese and chopped peppers down center. Roll up jelly-roll style; secure with wooden toothpicks. Carefully roll in melted butter, then crushed chips. Arrange seam-side down in square baking dish. Heat, covered with wax paper, 7 to 8 minutes onPOWER LEVEL 7until chicken is tender. Let stand, covered, 5 minutes.
2. In small glass bowl, heat taco sauce 2 to 3 minutes on HIGH until hot. Serve over chicken.

***Hint:** *To melt butter in your microwave oven, see Time-Saving Hings, page 167.*

APRICOT GLAZED CHICKEN

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 16 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
¾ cup apricot preserves
½ cup bottled red Russian dressing
2 envelopes (¼ oz. ea.) instant onion soup

1. In oblong baking dish, arrange chicken, meatier portions toward edge of dish. Heat, covered with wax paper, 9 to 10 minutes on HIGH until chicken is almost tender; drain.
2. Combine remaining ingredients and spoon over chicken. Heat, uncovered, chicken 5 to 5½ minutes on POWER LEVEL 7 until chicken is glazed. Let stand 7 minutes before serving.

CHICKEN LIVERS MUSHROOMS

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
Approx. Cooking Time: 12 min.
Yield: about 4 servings

1 pound chicken livers, halved
½ pound fresh mushrooms, sliced
⅓ cup chopped onion
¼ cup butter or margarine
2 to 3 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
½ teaspoon thyme

1. In 2½-quarter casserole dish, heat, covered, mushrooms, onion and butter 3 to 4 minutes on HIGH until onion and mushrooms are tender, stirring once. Stir in livers tossed with flour, salt, pepper and thyme. heat 2 minutes on HIGH.
2. Continue cooking on POWER LEVEL 7 an additional 5 to 6 minutes until livers are tender, stirring twice.
   Serve, if desired, with rice.

CHICKEN IN WINE SAUCE

Power Level: HIGH
Approx. Cooking Time: 14 min.
Yield: about 4 servings

2 boneless chicken breasts, skinned and thinly sliced (about 1 lb.)
1 medium onion, sliced
¼ cup butter or margarine
Salt and pepper to taste
1 medium green pepper, cut into thin strips
⅓ cup white wine
1 jar (4½ oz.) sliced mushrooms, drained
2 tablespoons flour
⅔ cup chicken broth

1. In oblong baking dish, heat onion and butter 3 to 3½ minutes on HIGH until onion is tender. Add chicken and heat 3 to 3½ minutes on HIGH, stirring once.
2. Season with salt and pepper; add green pepper and wine. Heat, covered, 2½ to 3 minutes on HIGH; add mushrooms and flour blended with broth. heat 3 to 4 minutes on HIGH until sauce is thickened, stirring twice.

CHICKEN CACCIATORE

Power Level: HIGH
Approx. Cooking Time: 20 min
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
1 can (15 oz.) tomato sauce
1 jar (4½ oz.) sliced mushroom, drained
½ cup chopped onion
1 tablespoon sugar (optional)
1 teaspoon oregano
1 teaspoon salt
½ teaspoon finely chopped garlic
¼ teaspoon pepper

1. In oblong baking dish, arrange chicken. Combine remaining ingredients and spoon over chicken.
2. Heat, covered with wax paper, 18 to 20 minutes on HIGH until chicken is tender, rearranging chicken once. Let stand, covered, 7 minutes; serve, if desired, with spaghetti.

WESTERN CHICKEN

Power Level: HIGH
Approx. Cooking Time: 13 min.
Yield: 4 servings

2 chicken breasts, split (1¾ to 2 lb.)
2 teaspoons lemon juice
1 teaspoon dried onion flakes
Basil
Pepper
⅔ cup shredded Cheddar cheese
½ small avocado, thinly sliced
4 thin slices tomato

1. In square baking dish, arrange chicken; sprinkle with lemon juice and onion and season with basil and pepper. Heat, covered with wax paper, 8½ to 9½ minutes on HIGH until chicken is tender.
2. Top chicken with ½ cheese, avocado and tomato; top with remaining cheese. Heat, covered, 2½ to 3 minutes on HIGH. Let stand 5 minutes before serving.

Note: **For TWO servings,** *follow above procedure; halve all ingredients. heat chicken 6 to 6½ minutes on HIGH and vegetables 1½ to 2 minutes on HIGH.*
For ONE serving, *heat chicken 4 to 4½ minutes on HIGH and vegetables ¾ to 1¼ minutes on HIGH.*

HERB BAKED CHICKEN

Power Level: HIGH
Approx. Cooking Time: 12 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
1 teaspoon garlic salt
1 teaspoon paprika
½ teaspoon oregano
¼ teaspoon pepper
Juice and grated peel of 1 lemon
1 jar (4½ oz.) sliced mushrooms, drained

1. Combine garlic, paprika, oregano, pepper and lemon peel; rub over chicken. In oblong baking dish, arrange chicken, meatier portions toward edge of dish; drizzle with lemon juice and top with mushrooms.
2. Heat, covered with wax paper, 10½ to 12 minutes on HIGH until chicken is tender.
   Let stand, covered, 5 minutes before serving.

HAWAIIAN CHICKEN

Power Level: HIGH
Approx. Cooking Time: 21 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
2 tablespoons soy sauce
¼ teaspoon ground ginger
1 green pepper, cut into chunks
1 can (11 oz.) mandarin oranges, drained (reserve syrup)
1 can (8¼ oz.) pineapple slices, drained and halved (reserve syrup)
1 tablespoon cornstarch

1. In oblong baking dish, arrange chicken, meatier portions toward edge or dish; brush with soy sauce blended with ginger. Add green pepper; heat, covered with wax paper, 13 to 15 minutes on HIGH, drain. Let stand, covered, 7 minutes.
2. Meanwhile, in 2-cup glass measure, blend cornstarch with 1 cup reserved syrups. Heat 2 minutes on HIGH, stirring once.
3. Add fruit and pour over chicken; if necessary, heat 3 to 4 minutes on HIGH.

CHICKEN WITH CREAMY MUSHOROOM SAUCE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 21 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into servings pieces
1 medium onion, sliced
Salt, pepper and garlic salt to taste
½ pound fresh mushrooms, sliced*
1 can (10¾ oz.) condensed cream of mushroom soup
1 cup sour cream

1. In oblong baking dish, arrange chicken, meatier portions toward edge of dish; top with onion. Heat, covered with wax paper, 10 to 12 minutes on POWER LEVEL 7; season with salt, pepper and garlic salt.
2. Add mushrooms and heat, covered 3 to 3½ minutes on HIGH until chicken and mushrooms are tender; drain liquid, reserving ⅓ cup. Blend reserved liquid, soup and sour cream until smooth; spoon over chicken.
3. Heat, covered, 4 to 5 minutes on POWER LEVEL 7 until heated through; let stand 5 minutes. Remove chicken to serving platter; stir sauce until smooth and serve over chicken.

***Substitution:** *Use 1 jar (4½ oz.) sliced mushrooms, drained for fresh mushrooms.*

CHICKEN WITH SNOW PEAS

Power Level: HIGH
Approx. Cooking Time: 15 min.
Yield: about 6 servings

6 chicken legs, thighs detached (about 2¾ lb.)
1 tablespoon butter or margarine, melted
1 tablespoon soy sauce
1½ teaspoons paprika
½ teaspoon crushed rosemary
¼ teaspoon salt
1 package (6 oz.) frozen pea pods, thawed*
1 jar (2½ oz.) sliced mushrooms, drained

1. In oblong baking dish, arrange chicken. Combine butter, soy sauce, paprika, rosemary and salt; brush over chicken. Heat, covered with wax paper, 8 to 9 minutes on HIGH.
2. Top with pea pods and mushrooms; heat, covered, 5 to 6 minutes on HIGH until chicken and vegetables are tender. Let stand, covered, 5 minutes before serving.

***Hint:** *To thaw frozen vegetables in your microwave oven, see page 166.*

CHICKEN ALMANDINE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 18 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
3 tablespoons butter or margarine
1 teaspoon browning sauce
3 tablespoons flour
½ cup light cream or milk
¼ cup white wine
1 cup halved green grapes
Toasted slivered almonds

1. Prepare Butter Baked Chicken, page 48 using chicken on HIGH, butter and browning sauce. Remove chicken to serving platter; drain liquid, reserving ¾ cup. Into baking dish, stir flour blended with cream, wine, reserved liquid and grapes.

2. Heat 3½ to 4½ minutes on POWER LEVEL 7 until sauce is thickened, stirring twice. Pour sauce over chicken and garnish with almonds.

CHICKEN PARMESAN

Power Level: HIGH
Approx. Cooking Time: 10 min.
Yield: 4 servings

2 boneless chicken breasts, skinned, split and pounded thin (about 1 to 1¼ lb.)
¾ cup seasoned dry bread crumbs
¼ cup grated Parmesan cheese
¼ teaspoon paprika
1 egg, beaten with ¼ cup water
2 tablespoons oil
1 can (8 oz.) tomato sauce or 1 cup spaghetti sauce
Oregano
1 cup shredded Mozzarella cheese

1. Dip chicken in bread crumbs mixed with parmesan cheese and paprika, then in egg and again in bread crumb mixture. Coat bottom of oblong baking dish with 1 tablespoon oil. Place chicken in dish; sprinkle with remaining oil. Heat 2 to 2½ minutes on HIGH; turn chicken over and heat an additional 2 to 2½ minutes on HIGH.
2. Top with tomato sauce and season with oregano; heat 3½ to 4½ minutes on HIGH until sauce is hot. Sprinkle with mozzarella cheese and let stand, covered, 5 minutes or until cheese is melted.

Note: For TWO servings, *follow above procedure; halve all ingredients. heat chicken 1 to 1½ minutes on HIGH each side and with tomato sauce 2 to 2½ minutes on HIGH.*

KOREAN CHICKEN AND CASHEWS

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: about 4 servings

2 boneless chicken breasts, skinned and thinly sliced (about 1 to 1¼ lb.)
3 tablespoons oil
2 cloves garlic, finely chopped
2 tablespoons soy sauce
1 tablespoon sherry
1 tablespoon cornstarch
¼ teaspoon ground ginger
1 medium green pepper, cut into small chunks
½ cup cashews halves or chopped walnuts

1. In oblong baking dish, heat oil 2½ to 3 minutes on HIGH. Meanwhile, combine chicken, garlic, soy sauce, sherry, cornstarch and ginger.
2. Add to dish and heat 3 to 4 minutes on HIGH, stirring twice. Add green pepper and cashews and heat, covered, 2½ to 3½ minutes on HIGH until chicken and green pepper are tender, stirring once. Let stand 3 minutes before serving.

KABOBS IN JAM

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: 4 servings

⅓ cup orange marmalade
2 tablespoons orange juice
2 tablespoons soy sauce
½ teaspoon lemon juice
Dash ground ginger
2 boneless chicken breasts, skinned and cut into 1½-inch pieces (about 1 to 1¼ lb.)
1 package (10 oz.) frozen brussel sprouts, thawed

1. In medium glass bowl, heat marmalade, orange juice, soy sauce, lemon juice and ginger 2½ to 3 minutes on HIGH: add chicken and marinate, if desired, 30 minutes.
2. On four 9 or 10-inch wooden skewers*, alternately thread chicken and brussel sprouts. Arrange skewers on 8-inch square baking dish and heat 5 to 6 minutes on HIGH until chicken is tender, rearranging skewers once and brushing with marinade twice.

***Note:** If wooden skewers are unavailable, see Introduction page 6 for using metal skewers.*

CHICKEN AFRIQUE

Power Level: HIGH→5 (MEDIUM) HIGH
Approx. Cooking Time: 34 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
2 cups hot water
1 cup rice
1 envelope (1 oz.) onion-mushroom soup mix
½ cup raisins
½ teaspoon ground cinnamon
1 cup plain yogurt
2 tablespoons flour
1 to 2 tablespoons milk

1. In oblong baking dish, combine water, rice, ½ envelope soup mix, raisins and ¼ teaspoon cinnamon. Heat, covered, 4 to 5 minutes on HIGH.
2. Continue cooking on POWER LEVEL 5 an additional 13 to 15 minutes until rice is almost tender, stirring once. Arrange chicken on rice; sprinkle with remaining cinnamon.
3. Heat, covered with wax paper, 12 to 14 minutes on HIGH until chicken is tender, rearranging chicken and stirring rice once.
4. Meanwhile, combine yogurt, flour, milk and remaining soup mix. Spoon over chicken; let stand, covered, 7 minutes. If necessary, reheat 1½ to 2 minutes on POWER LEVEL 5 before serving.

CHICKEN 'N SHRIMP IN RED WINE SAUCE

Power Level: HIGH
7 (MEDIUM-HIGH)
HIGH
Approx. Time: 19 min.
Yield: 4 to 5 servings

1 broiler/fryer chicken, cut up (about 2 to 3 lbs.)
1 lb. raw, shelled, deveined shrimp
1 teaspoon salt
½ teaspoon pepper
1 teaspoon dried basil leaves
½ cup flour
1 can tomato sauce (8 oz.)
½ cup butter or margarine
½ teaspoon Italian seasoning
¾ cup Burgundy wine
3 tablespoons parsley, chopped
2 cloves garlic, peeled and crushed
1 large finely chopped onion

1. Wash chicken parts thoroughly and pat dry with paper towels.
2. Combine salt, pepper and flour in a small dish and coat each piece of chicken thoroughly.
3. Melt butter in a frying pan and brown the chicken by conventional methods.
4. Transfer butter drippings to a medium baking dish and add onion and garlic, stirring. Heat uncovered, on HIGH setting 1 to 1½ minutes until onion is tender.
5. Add wine, Italian seasoning, tomato sauce, chopped parsley and basil to onion mixture. Stir. Add chicken pieces, cover, heat on POWER LEVEL 7 for 10 to 14 minutes until chicken is tender.
6. Remove chicken pieces and place on platter. Add shrimp to wine sauce and heat, uncovered, on HIGH for 2 to 3 minutes until sauce bubbles and shrimp turn pink. Be careful not to overcook.
7. Skim excess fat from surface of sauce and pour over chicken pieces. Serve.

CRISPY CHICKEN

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: about 4 servings

8 small chicken pieces (about 2 lb.)
1 package (2⅜ oz.) seasoned coating mix for chicken

1. Coat chicken according to package directions; arrange in oblong baking dish.
2. Heat, covered with wax paper, 9 to 10½ minutes on HIGH until chicken is tender. Let stand 5 minutes before serving

Note: For TWO servings (4 pieces), *follow above procedure. Halve all ingredients and heat chicken 5½ to 6 minutes on HIGH*
For ONE serving (2 pieces), *heat chicken 3½ to 4 minutes on HIGH.*

CHICKEN CHEESE TASTE TREAT

Power Level: 7 (MEDIUM-HIGH)
HIGH
Approx. Cooking Time: 11 min.
Yield: 2 servings

1½ lb. broiler/fryer chicken, cut in serving pieces
3 tablespoons Parmesan cheese
1 tablespoon chopped chives
⅜ cup corn flake crumbs
1 tablespoon chopped parsley
2 tablespoons butter

1. Place butter in a square baking dish and heat on POWER LEVEL 7 for ½ to 1 minutes until melted.
2. Combine corn flake crumbs, cheese, chives and parsley in a shallow dish. Dip chicken pieces first in butter, then roll in crumb mixture until thourghly coated.
3. Place chicken pieces in a square baking dish with the meatier portion toward the outer edges of the dish, skin side up. Cover with waxed paper and heat on HIGH for 7 to 10 minutes until chicken is tender. Let stand, covered 3 to 5 minutes before serving.

CURRY CHICKEN

Power Level: HIGH
Approx. Cooking Time: 15 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
1 can (10¾ oz.) condensed cream of chicken soup
1 tomato, cut into wedges (optional)
½ cup raisins or peanuts
1 tablespoon curry powder
1 tablespoon dried onion flakes
⅛ teaspoon garlic powder

1. In oblong baking dish, arrange chicken. Thoroughly combine remaining ingredients and spoon over chicken. Heat, covered with wax paper, 13 to 15 minutes on HIGH until chicken is tender, rearranging chicken once.
2. Let stand, covered, 7 minutes. Remove chicken to serving platter; stir sauce until smooth and serve over chicken.

SPIRITED CHICKEN

Power Level: HIGH
Approx. Cooking Time: 16 min.
Yield: about 6 servings

2¾ pounds chicken legs, thighs detached
½ cup dry sherry
¼ cup soy sauce
1 tablespoon Worcestershire sauce
½ teaspoon garlic powder

1. In oblong baking dish, combine all ingredients; marinate, if desired, 30 minutes.

2. Heat, covered with wax paper, 14 to 16 minutes on HIGH until chicken is tender, rearranging chicken once. Let stand, covered, 7 minutes before serving.

TURKEY AND OTHER POULTRY

PECAN STUFFED PHEASANT

Power Level: HIGH
HIGH→5 (MEDIUM)
HIGH
Approx. Cooking Time: 35 min.
Yield: about 4 servings

2 pheasants (1 to 1½ lb. ea.)
½ cup thinly sliced celery
2 tablespoons butter or margarine
⅔ cup dry bread crumbs
⅓ cup chopped pecans
1 teaspoon salt
⅛ teaspoon pepper
1 cup water
2 to 3 tablespoons sherry
1½ teaspoons browning sauce
2 tablespoons cornstarch

1. In small glass bowl, heat celery and butter 1 to 2 minutes on HIGH; stir in bread crumbs, pecans, ½ teaspoon salt and pepper. Stuff pheasant with pecan mixture; with string, tie wings and legs to body of pheasant.
2. Arrange pheasant in square baking dish; add ¾ cup water, sherry and browning sauce. Heat, covered, 8 to 10 minutes on HIGH
3. Continue cooking on POWER LEVEL 5 an additional 18 to 20 minutes until pheasant is tender. Remove pheasant to serving platter; let stand, covered, 5 minutes. Meanwhile, into dish, stir in remaining salt and cornstarch blended with remaining water.
4. Heat 2 to 3 minutes on HIGH until thickened, stirring once; serve with pheasant.

ROAST TURKEY

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 32 min.
Yield: 6 to 8 servings

2 pound frozen turkey roast

1. In glass loaf dish, place roast skin side down. Heat, covered with wax paper, 7 minutes on POWER LEVEL 7, turn roast over.
2. Heat, covered with wax paper 24 to 25 minutes on POWER LEVEL 7 until roast registers 175 °F when tested with conventional meat thermometer. Let stand, covered, 7 minutes before serving.

CORNISH HENS WITH PEACH SAUCE

Power Level: HIGH
Approx. Cooking Time: 14 min.
Yield: 4 servings

2 cornish hens (about 1 lb. ea.), split
Browning sauce
Paprika
Peper
1 can (16 oz.) sliced peaches in heavy syrup, drained (reserve ⅓ cup syrup)
⅔ cup orange juice
1 tablespoon cornstarch
⅛ teaspoon ground ginger

1. In oblong baking dish, arrange hens; brush with browning sauce and season with paprika and pepper. Heat, covered with wax paper, 10 to 11 minutes on HIGH until hens are tender; drain. Let stand, covered, 7 minutes.
2. Meanwhile, in small glass bowl, combine reserved syrup, orange juice, cornstarch and ginger. Heat 1½ to 2½ minutes on HIGH until sauce is thickened, stirring once.
3. Add peaches and spoon over hens. If necessary, heat 1½ to 2 minutes on HIGH before serving. Garnish, if desired, with slivered almonds.

Note: For TWO servings, *follows above procedure. Halve all ingredients; heat hens 7 to 8 minutes on HIGH. Add enough reserved syrup to orange juice to equal ½ cup; heat sauce 1 to 1½ minutes on HIGH.*

TURKEY DIVINE

Power Level: 9
Approx. Cooking Time: 15 min.
Yield: about 4 servings

2 to 3 cups cut-up cooked turkey or chicken*
2 packages (10 oz. ea.) frozen broccoli spears, thawed
Salt and pepper to taste
1 can (11 oz.) condensed Cheddar cheese soup
½ cup milk
¼ cup buttered bread crumbs
½ teaspoon paprika

1. In oblong baking dish, arrange broccoli; top with turkey. Heat, covered 5 to 6 minutes on POWER LEVEL 9; drain. Season with salt and pepper.
2. In small glass bowl, combine soup and milk. Heat 2 to 3 minutes on POWER LEVEL 9; stir until smooth. Pour sauce over turkey; heat, covered, 5 to 6 minutes on POWER LEVEL 9 until heated through. Top with bread crumbs mixed with paprika; let stand, covered, 5 minutes before serving.

**If desired, turkey may be thinly sliced.*

ROAST DUCK WITH ORANGE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 55 min.
Yield: 4 to 6 servings

4 to 5 pound duck
¼ cup bottled fruit sauce (for poultry)
2 tablespoons orange liqueur or orange juice
¼ teaspoon browning sauce
1 can (11 oz.) mandarin oranges, drained (optional)

1. In oblong baking dish, arrange duck on microwave oven safe roasting rack; pierce skin several times. Heat 30 minutes on POWER LEVEL 7, drain.
2. Combine fruit sauce, liqueur and browning sauce; brush half on duck. Heat 20 to 25 minutes on POWER LEVEL 7 until duck is tender. Brush with remaining sauce. Let stand, covered, 10 minutes before serving. Garnish with oranges.

STUFFED CORNISH HENS WITH ORANGE HONEY SAUCE

Power Level: HIGH
5 (MEDIUM)
HIGH
Approx. Cooking Time: 56 min.
Yield: 4 servings

4 cornish hens (1 lb. ea.)
1½ cups hot water
1 cup orange juice
1 package (6 oz.) long grain and wild rice mix
4 slices bacon, cooked and crumbled (see page 30)
½ cup orange juice concentrate
⅓ cup honey
¼ to ½ teaspoon browning sauce

1. In 2-quart casserole dish, combine water, juice and rice. Heat, covered, 5 to 6 minutes on HIGH.
2. Heat, covered, 20 minutes on POWER LEVEL 5 until rice is tender; stir in bacon. Stuff hens with rice mixture; with string, tie wings to body of hen and legs together to cover stuffing. Place hens in oblong baking dish.
3. Heat, covered with wax paper, 28 to 30 minutes on HIGH until hens are tender, rearranging hens once. Meanwhile, combine remaining ingredients; brush hens every 10 minutes. Let stand, covered, 10 minutes before serving.

TURKEY WITH NUT STUFFING

Power Level: 5 (MEDIUM)
HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 2 hrs.
Yield: 8 to 10 servings

One 10 to 12 lb. turkey, fresh or frozen (thawed)
¼ cup parsley, chopped
2 large onions, minced
4 stalks celery, minced
1 cup coarsley chopped walnuts or pecans
½ cup salad oil
5 quarts day-old bread crumbs or ½-inch cubes
1 cup butter or margarine, divided
2 teaspoons salt
2 teaspoons poultry seasoning

1. Combine ½ cup butter, salad oil, onions and celery in a small casserole or baking dish. Heat on POWER LEVEL 5 for 4 to 6 minutes.
2. Add bread crumbs, poultry seasoning, parsley, salt and nuts. Stir lightly.
3. Wash turkey completely, inside and out. Pat excess water with a paper towel. Stuff neck opening with part of the stuffing and secure the skin flap with strong wooden toothpicks or wooden skewers. Stuff the body cavity with the remaining stuffing mixture. Tie drumsticks with string and tie wings tightly to the body with string.
4. Place the turkey, breast side down, on a micro-safe roasting rack and set in a large baking dish. Heat on HIGH for 4 to 5 minutes per pound
5. Drain fat from the baking dish and turn turkey breast side up, on rack. Place. temperature probe into thickest part of thigh, being careful to avoid contact with bone. Microwave on POWER LEVEL 7.

   TO HEAT BY TEMPERATURE: Insert probe into thigh joint, set TEMP. COOK at 175°F

   TO HEAT BY TIME: Set time for 4 to 5 minutes per pound until turkey registers 175°F when tested with conventional meat thermometer. Do NOT use conventional meat thermometer in turkey while operating microwave oven.
6. Let stand 10 to 15 minutes before serving.

STUFFING

Following other famous combinations, what is roast poultry without the STUFFING. We've collected a few favorite recipes for you to use to stuff a bird of to bake and serve with poultry.

CORN BREAD STUFFING

Power Level: HIGH
5 (MEDIUM)
Approx. Cooking Time: 18 min.
Yield: about 12 servings (about 9 cups)

2 packages (12 oz. ea.) corn bread or corn muffin mix, baked and crumbled (see page 129)
1½ cups thinly sliced celery
1 cup chopped onion
½ cup butter or margarine
2 eggs
1½ cups orange juice or chicken broth
1½ teaspoons salt
¾ teaspoon sage
¼ teaspoon pepper

1. In 2-quart oblong baking dish, heat celery, onion and butter 6 to 7 minutes on HIGH until celery and onion are tender, stirring twice. Add remaining ingredients; combine thoroughly.*
2. Heat, covered, 10 to 11 minutes on POWER LEVEL 5 until heated through. Let stand, covered, 5 minutes before serving.

**This makes enough to stuff a 9 to 12 pound bird.*

CONVENIENCE STUFFING MIXES

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 6 servings

1 package (6 to 6½ oz.) stuffing mix (chicken, cornbread, pork or rice varieties) with seasoning packet
1½ to 1¾ cups hot water
¼ cup butter

1. In 2-quart casserole dish, Heat water, butter and seasoning packet 4½ to 5 minutes on HIGH: stir in stuffing crumbs.*
2. Let stand, covered, 5 minutes before serving.

**This makes enough to stuff a 2½ to 3 pound bird.*

Variations: *Add one of the following with seasoning packet:*

- *1 cup chopped fresh cranberries or apple.*
- *½ cup raisins, chopped nuts, or chopped apricots.*
- *½ pound browned ground sausage, drained.*
- *1 can (8 oz.) whole kernel corn, drained.*

BASIC BREAD STUFFING

Power Level: HIGH
5 (MEDIUM)
Approx. Cooking Time: 13 min.
Yield: 6 to 8 servings (about 4 cups)

8 cups fresh bread cubes
1½ cups thinly sliced celery
1 cup chopped onion
½ cup butter or margarine
2 eggs
¼ cup water (optional)
3 tablespoons parsley flakes
1 to 1½ teaspoons poultry seasoning
1 teaspoon salt
½ teaspoon pepper

1. In 2-quart casserole dish, heat celery, onion and butter 6 to 7 minutes on HIGH until celery and onion are tender, stirring twice. Add remaining ingredients; combine thoroughly.*
2. Heat, covered, 5 to 6 minutes on POWER LEVEL 5 until heated through.

**This makes enough to stuff 2 (2½ to 3 lb.) birds.*

APPLE SAUSAGE STUFFING

Power Level: HIGH
HIGH→5 (MEDIUM)
Approx. Cooking Time: 16 min.
Yield: about 8 servings (about 6 cups)

½ pound bulk pork sausage
1 cup thinly sliced celery
½ cup finely chopped onion
5 cups fresh bread cubes
3 cups chopped apple (3 medium)
2 eggs, beaten
1 to 1½ teaspoons salt
¼ to ½ teaspoon poultry seasoning

1. In oblong baking dish, crumble sausage stir in celery and onion. Heat 4½ to 5½ minutes on HIGH until sausage is browned, stirring twice; drain.
2. Add remaining ingredients; combine thoroughly.* Heat, covered, 3 to 4 minutes on HIGH.
3. Continue cooking on POWER LEVEL 5 an additional 5 to 6 minutes until heated through.

**This makes enough to stuff a 7 to 9 pound bird.*

Pictured on the following page: Trout Almandine, Steamed Whole Lobster, Shrimp Scampi, Bouillabaisse

Fish and Seafood

Special Hints for Preparing Fish and Seafood 59
Information for Cooking Fish and Seafood 59
Special Hints for Defrosting Fish and Seafood 59
Baked Stuffed Lobster Tails 60
Baked Snapper à la Orange 60
Baked Stuffed Clams 60
Bouillabaisse 60
Coquille New Foundland 61
Flounder with Shrimp Sauce 61
Stuffed Clams 61
Steamed Clams 61
Parchment Seafood Spectacular 61
Flounder Fillet 62
Salmon Romanoff 62
Poached Fish 62
Shrimp Creole 62
Scrod with Grape Sauce 62
Scallops with Herb Lemon Butter 63
Trout Almandine 63
Oysters Rockerfeller en Casserole 63
Maryland Crab Bake 63
Salmon Steaks with Dill 64
Steamed Whole Lobster 64
Seafood Newburg 64
Shrimp and Vegetables Mandarine 64
Shrimp Scampi 64

Never before has fresh fish and seafood been prepared so moist and delicious. If you have never been a seafood lover, you may change your mind after sampling these delights from your microwave oven. Just follow the easy instructions of these tasty recipes and your efforts will be applauded.

SPECIAL HINTS FOR PREPARING FISH AND SEAFOOD

- Use only fresh or defrosted fish.
- Arrange fish in dish in single layer; do not overlap edges.
- Place thicker pieces toward outside edge of dish. (i.e. tail section towards center.)
- Rearrange or stir small pieces (scallop, shrimp etc.) halfway through cooking.
- Test for doneness before adding extra cooking time. Fish should be opaque in color and flake easily when tested with fork.

INFORMATION FOR COOKING FISH AND SEAFOOD

- Microwave on POWER LEVEL Setting for time setting as indicated on chart below.
- Push START pad.
- After cooking, let stand, covered, for 5 to 7 minutes before serving.

Hint: *If using TEMP. COOK, insert probe sensor in thickest part of lobster or in center of fish or seafood casserole. Set TEMP. COOK to desired final temperature.*

FISH AND SEAFOOD MICROWAVING GUIDE

TYPE	AMT.	CONTAINER SIZE	POWER LEVEL SETTING	COOK TIME (in min.)	TEMP. COOK SETTING
Fillets	1 lb.	Small oblong baking dish	HIGH	6 to 7	140° F
	2 lb.	Medium oblong baking dish	HIGH	8 to 9	140° F
Fish, Whole	1½ to 1¾ lbs.	Medium oblong baking dish	HIGH	10 to 12	140° F
Shrimp or Sea Scallops	½ lb.	Small casserole dish	7 (MEDIUM-HIGH)	5 to 6	—
3 Salmon Steaks	4 oz. ea.	Medium oblong baking dish	HIGH	5 to 6	140° F
2 to 3 Lobster Tails	8 oz. ea.	Medium oblong baking dish	HIGH	4 to 5	—

SPECIAL HINTS FOR DEFROSTING FISH AND SEAFOOD

- Defrost fish in original wrapper (not foil), set in a shallow dish to catch any liquid.
- Set on DEFROST function pad and heat for the time recommended in the chart.
- Turn whole fish or blocks of fillets over halfway through defrosting cycle.
- Let fish stand equal time before preparing.
- Rinse under cold water to remove remaining ice crystals.
- Estimate 6 minutes per pound defrosting time for fish not listed below.

FISH AND SEAFOOD DEFROSTING GUIDE

CUT	AMT.	DEFROST TIME (in min.)	STANDING TIME (in min.)	STANDING METHOD
FISH & SEAFOOD				
Fillet, Fish	1 lb.	4 to 5	—	Carefully separated and rinse under cold running water to finish thawing.
Whole, Fish	1½ lbs.	7 to 8	—	See, Fillets, above.
Scallops, sea	1 lb. pkg.	4 to 5	5	See, Fillets, above.
Lobster Tail	½ lb.	1 to 2	5	See, Fillets, above.

BAKED STUFFED LOBSTER TAILS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: 4 servings

4 lobster tails (about 8 oz. ea.)
3 tablespoons butter or margarine, melted
⅓ cup seasoned dry bread crumbs
⅛ teaspoon onion powder
⅛ teaspoon paprika
⅛ teaspoon salt

1. With kitchen shears, cut lobster through center of soft shell (underneath) to the tail. Lift lobster out of shell by loosening with fingers, leaving meat attached to tail section. (Lobster meat will rest on shell). Arrange on 12-inch glass pizza dish, tails toward center.
2. Combine remaining ingredients; sprinkle over lobster. Heat, covered with wax paper 8½ to 9½ minutes on POWER LEVEL 7 until lobster is done. Let stand 5 minutes; serve, if desired, with Lemon Butter.*

***Lemon Butter:**
In small glass bowl, Heat ½ cup butter and 1 to 2 tablespoons lemon juice 1 to 1½ minutes on POWER LEVEL 7 until butter is melted.

Note: For TWO servings, *follow above procedure. Halve all ingredients, heat lobster 5½ to 6½ minutes on POWER LEVEL 7.*

BAKED SNAPPER À LA ORANGE

Power Level: HIGH
Approx. Cooking Time: 20 min.
Yield: about 4 servings

1 medium orange
6 tablespoons butter or margarine
1 small onion, finely chopped
1 tablespoon parsley flakes
½ teaspoon basil
⅛ teaspoon pepper
2 cups soft bread crumbs (about 4 slices bread)
2 whole red snappers (1¼ to 1½ lb. ea.), dressed and heads removed
Salt
1 can (6 oz.) frozen orange juice concentrate, thawed (see page 166)

1. Slice ½ orange; peel and chop remaining half. In small glass bowl, heat butter, onion, parsley, basil and peper 2½ to 3 minutes on HIGH until onion is tender; stir in bread crumbs and chopped orange.
2. In ablong baking dish, arrange fish; season inside with salt. Stuff cavity with bread crumb mixture. Heat, covered with wax paper, 13 to 15 minutes on HIGH until fish is tender.
3. Pour orange juice over fish; add orange slices. Heat, covered with wax paper, 2 minutes on HIGH. Let stand, covered, 3 minutes before serving.

BAKED STUFFED CLAMS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 18 clams

18 small clams, scrubbed and opened (littleneck)
½ to ⅔ cup seasoned dry bread crumbs
2½ to 3 tablespoons olive oil
¼ teaspoon garlic powder
¼ teaspoon paprika
3 slices bacon, crisp-cooked and crumbled (see page 30)

1. Around the edge of a 12-inch glass pizza dish, arrange clams on half shell; with toothpick, pierce each clam several times. Heat, covered with wax paper, 3½ to 4 minutes on POWER LEVEL 7 until clams are tender, turning dish once.
2. Meanwhile, combine bread crumbs, oil garlic and paprika. Top each clam with bread crumb mixture, then bacon. Heat 1½ to 2 minutes on POWER LEVEL 7.

BOUILLABAISSE

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
HIGH
Approx. Cooking Time: 35 min.
Yield: about 6 servings

2 lobster tails (8 oz. ea.) cut into 1½-inch pieces
6 small clams, scrubbed (littleneck)
1 medium onion, sliced
2 tablespoons oil
2 cloves garlic, finely chopped
1 can (28 oz.) whole tomatoes, chopped
2 bottles (8 oz. ea.) clam juice
2 bay leaves
½ teaspoon salt
⅛ teaspoon pepper
Dash thyme
Pinch saffron (optional)
½ pound sea scallops
½ pound sole fillet, cut into 1½-inch pieces

1. In 4-quart casserole dish, combine onion, oil and garlic; heat, covered, 2 to 3 minutes on HIGH. Add clams, tomatoes, clam juice, bay leaves, salt, pepper, thyme and saffron; heat, covered, 5 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 15 to 20 minutes until clams are open, stirring once. Add scallops, fillet and lobster.
3. Heat, covered, 5 to 7 minutes on HIGH until fish is done. Let stand, covered, 10 minutes before serving.

COQUILLE NEW FOUNDLAND

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 13 min.
Yield: 4 servings

1 pound sea scallops
¼ cup white wine
2 tablespoons butter or margarine
1 tablspoon dired onion flakes
2 tablespoons flour
Dash white pepper
¾ cup light cream or milk
1 jar (2½ oz.) sliced mushrooms, drained
⅓ cup shredded Swiss cheese
¼ cup buttered bread crumbs
Parsley flakes

1. In round baking dish, pour wine over scallops; heat, covered, 5 to 6 minutes on POWER LEVEL 7 until scallops are tender, stirring once.
2. Drain liquid and reserve ¼ cup; let scallops stand, covered. In medium glass bowl, heat butter and onion ¾ to 1 minute on POWER LEVEL 7; stir in flour and pepper.
3. Gradually add cream and reserved liquid, stirring until smooth. Heat 3 to 3½ minutes on POWER LEVEL 7 until mixture is thickened, stirring twice. Stir in mushrooms and cheese; add scallops. Spoon mixture into 4 individual glass ramekins serving dishes, top with bread crumbs and parsley.
4. Arrange ramekins on glass oven tray, heat 1 to 2 minutes on POWER LEVEL 7 until heat through.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat scallops 2 to 3 minutes on POWER LEVEL 7, butter ½ minute on POWER LEVEL 7, cream mixture 1½ to 2 minutes on POWER LEVEL 7 and ramekin 1 minute on POWER LEVEL 7.*

FLOUNDER WITH SHRIMP SAUCE

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: 4 servings

4 flounder fillets (about ¼ lb. ea.)
1 can (10¾ oz.) condensed cream of shrimp soup
¼ cup white wine or milk
½ cup shredded Swiss cheese
Parsley or slivered almonds

1. Roll up fillet and arrange seam-side down in square baking dish. Combine soup, wine and cheese, spoon over fillets. Heat, covered, 7½ to 8½ minutes on HIGH until fish is done.
2. Let stand, covered, 3 minutes; sprinkle with parsley before serving.

Hint: *When rolling-up fillets, place a thin strip of Swiss cheese in center.*

STUFFED CLAMS

Power Level: 9
Approx. Cooking Time: 4 min.
Yield: 4 servings

1 can (7½ oz.) minced clams
2 cups seasoned croutons, crushed*
2 tablespoons grate Parmesan cheese
½ teaspoon dried onion flakes
⅛ teaspoon garlic powder
Dash pepper
1 tablespoon butter or margarine, melted
½ tablespoon parsley flakes

1. Reserve ¼ cup crouton crumbs. Combine remaining crouton crumbs, clams, cheese, onion, garlic and pepper.
2. Spoon mixture into 4 individual glass baking shells or 6-ounce custard cups; top with reserved crumbs blended with butter and parsley.
   Heat 3 to 4 minutes on POWER LEVEL 9 until heated through, rearranging dishes once.

*Substitution: *Use 1½ cups dry seasoned bread crumbs for crushed croutons.*

STEAMED CLAMS

Power Level: HIGH→7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: 12 clams

12 small clams, scrubbed (littleneck)
¼ cup hot water

1. In shallow casserole dish, combine clams and water; heat, covered, 1 minute on HIGH.
2. Continue cooking on POWER LEVEL 7 an additional 5 to 6 minutes until clams are open. Serve, if desired, with melted butter and cocktail sauce.

PARCHMENT SEAFOOD SPECTACULAR

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: 4 servings

4 halibut or other seafood steaks (about 6 oz. ea.)
2 tablespoons brandy
1 tablespoon lemon juice
2 tablespoons butter or margarine
2 tablespoons dried chives
Salt and pepper to taste
1 cup sliced fresh mushrooms (about ¼ lb.)
1 small apple, thinly sliced

1. For each serving, place fish on 10 ×15-inch piece parchment paper. Combine brandy and lemon juice; brush on fish. Dot each with butter, chives and season with salt and pepper.
2. Mound mushrooms and apple on top; bring paper up around fish. Fold edges over twice to seal top; fold side edges up. Place on glass oven tray, heat 7½ to 9 minutes on HIGH. Serve packet directly on dinner plate.

FLOUNDER FILLET

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
HIGH
Approx. Cooking Time: 17 min.
Yield: 6 servings

6 flounder fillets (about ¼ lb. ea.)
2 small onions, sliced
2 tablespoons butter or margarine
1 clove garlic, finely chopped
1 can (16 oz.) stewed tomatoes, chopped
1 jar (4½ oz.) sliced mushrooms, drained
¼ cup white wine
⅛ teaspoon basil
Salt

1. In oblong baking dish, combine onion, butter and garlic; heat, covered, 3 to 3½ minutes on HIGH. Stir in tomatoes, mushrooms, wine and basil. Heat, covered, 3 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 3 to 4 minutes.
   Meanwhile, season fish with salt, skin side only. Roll up (skin-side in) and arrange seam-side down in sauce; spoon sauce over fish.
3. Heat, covered, 5 to 6 minutes on HIGH until fish is done. Let stand, covered, 5 minutes before serving.

SALMON ROMANOFF

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 12 min.
Yield: 4 to 6 servings

1 can (16 oz.) salmon, drained and flaked
1 package (8 oz.) medium egg noodles, cooked and drained (see page 103)
1½ cups cottage cheese
1½ cups sour cream
1 can (4 oz.) sliced mushrooms, drained
½ cup shredded Cheddar cheese
2 teaspoons dried onion flakes
2 teaspoons Worcestershire sauce
½ teaspoon salt
⅛ teaspoon dried garlic pieces
Shredded Cheddar cheese or buttered bread crumbs
Paprika

1. In 3-quart casserole dish, thoroughly combine noodles, cottage cheese, sour cream, salmon, mushrooms, ½ cup cheese, onion, Worcestershire, salt and garlic. Heat, covered, 10 to 12 minutes on POWER LEVEL 7 until heated through, stirring twice.
2. Top with shredded cheese and sprinkle with paprika. Let stand, covered, 5 minutes before serving.

POACHED FISH

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: about 3 servings

1¼ pound fish fillets
½ cup dry white wine*
2 tablespoons onion, finely chopped
Salt and pepper to taste
Butter or margarine

1. Lightly butter a shallow baking dish and place fillets in dish. Sprinkle with salt, pepper and onions. Pour white wine over fish.
2. Cover tightly with plastic wrap and heat on HIGH for 4 to 6 minutes until fish flakes. Baste with white wine and onions several times during cooking.

***Variation:** *substitute clam juice or tomato juice in place of white wine.*

SHRIMP CREOLE

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
Approx. Cooking Time: 14 min.
Yield: about 4 servings

1 pound medium shrimp, shelled and cleaned
½ cup each finely chopped celery, green pepper and onion
2 tablespoons oil
2 cloves garlic, finely chopped
1 can (15 oz.) tomato sauce
1 teaspoon salt
¼ teaspoon pepper
¼ to ½ teaspoon hot pepper sauce

1. In 2-quart casserole dish, combine celery, green pepper, onion, oil and garlic. Heat 4 to 5 minutes on HIGH until vegetables are tender. Stir in remaining ingredients; heat, covered, 3 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 5 to 6 minutes until shrimp is tender, stirring once. Let stand, covered, 3 minutes before serving.

SCROD WITH GRAPE SAUCE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 16 min
Yield: 4 to 6 servings

1½ pounds scrod or sole fillets
2 tablespoons butter or margarine
1 tablespoon dried onion flakes
¾ cup chicken broth
Pepper to taste
1 cup halved green grapes
3 tablespoons flour
¾ cup light cream or milk
Parsley

1. In oblong baking dish, heat butter, onion, broth and pepper 2 to 3 minutes on HIGH.
2. Arrange fillets in single layer and heat, covered with wax paper, 7 to 8 minutes on HIGH until fish is done. Arrange fillet on serving platter; cover. Strain broth into small glass bowl; stir in grapes and flour blended with cream.
3. Heat 3½ to 5 minutes on POWER LEVEL 7 until sauce is thickened, stirring twice. Pour some sauce over fillets, sprinkle with parsley; serve remaining sauce with fillets.

Variation: *Add 2 tablespoons white wine when cooking fish.*

SCALLOPS WITH HERB LEMON BUTTER

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 4 servings

1 pound sea scallops
¼ cup butter or margarine
½ teaspoons basil
½ teaspoon crushed rosemany
¼ teaspoon salt
Juice from 1 lemon (about 2 tbsp.)
Paprika

1. In round baking dish, heat butter, basil, rosemany and salt 1 to 1½ minutes on HIGH until butter is melted. Stir in scallops and sprinkle with lemon juice; spoon butter mixture over scallops.
2. Heat, covered with wax paper, 7 to 8½ minutes on POWER LEVEL 7 until scallops are tender, stirring once. Sprinkle with paprika; let stand, covered, 5 minutes before serving.

Note: For TWO servings, *follow above procedure: halve all ingredients. Heat butter ½ to 1 minutes on HIGH and scallops 4½ to 5½ minutes on POWER LEVEL 7.*

TROUT ALMANDINE

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: 2 to 4 servings

½ cup slivered almonds
⅓ cup butter or margarine
2 whole trout, cleaned (about 12 oz. ea.)
Salt and pepper to taste
Lemon juice

1. In 2-cup glass measure, heat butter and almonds 3 to 4 minutes on HIGH until almonds are lightly browned, stirring twice.
2. In oblong baking dish, arrange fish; season inside of fish with salt, pepper and lemon juice. Pour butter and almonds inside and over fish. Heat, covered with wax paper, 6 to 7 minutes on HIGH until fish is tender. Let stand, covered, 5 minutes before serving.

OYSTERS ROCKERFELLER EN CASSEROLE

Power Level: HIGH
Approx. Cooking Time: 13 min.
Yield: about 4 servings

1 can (10½ oz.) condensed oyster stew
3 tablespoons flour
⅔ cup shredded Cheddar cheese
1 tablespoon dried onion flakes
1 bay leaf, crushed
2 package (10 oz. ea.) frozen chopped spinach, thawed (see page 166)
1 pint large oysters, drained
½ cup dry bread crumbs
¼ cup grated Parmesan cheese
2 tablespoons butter or margarine, melted
½ teaspoon paprika

1. In medium glass bowl, combine stew, flour, cheddar cheese, onion and bay leaf; heat 3 minutes on HIGH until sauce is thickened, stirring twice.
2. In 2½-quart casserole dish, spread spinach; pour on stew mixture. With toothpick pierce each oyster several times and arrange on stew. Top with bread crumbs mixed with parmesan cheese, butter and paprika. Heat, uncovered, 5 minutes on HIGH; turn dish and heat, covered, 5 minutes on HIGH. Let stand, covered, 5 minutes before serving.

MARYLAND CRAB BAKE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 12 min.
Yield: 4 to 6 servings

2 packages (6 oz. ea.) crabmeat, drained and flaked (canned or frozen, thawed)
1 cup each chopped celery, green pepper and onion
3 tablespoons butter or margarine
1 cup mayonnaise
4 hard-cooked eggs, chopped (see page 77)
1 teaspoon Worcestershire sauce
½ teaspoon pepper
½ teaspoon salt
1 cup buttery cracker crumbs
2 tablespoons butter or margarine, melted
Dash paprika

1. In 2-quart casserole dish, combine celery, green pepper, onion and 3 tablespoons butter. Heat, covered, 4 to 5 minutes on HIGH until vegetables are tender, stirring once. Stir in mayonnaise, eggs, crab, Worcestershire, pepper and salt.
2. Heat, covered, 6 to 7 minutes on POWER LEVEL 7 until heated through, stirring twice. Combine cracker crumbs, melted butter and paprika; sprinkle over casserole. Let stand 5 minutes before serving.

SALMON STEAKS WITH DILL

Power Level: HIGH
Approx. Cooking Time: 10 min.
Yield: 4 servings

4 salmon steaks (about 4 oz. ea.)
½ cup thinly sliced celery
¼ cup butter or margarine
½ tablespoon parsley flakes
1 teaspoon salt
½ teaspoon dill weed
¼ teaspoon pepper
¼ cup white wine

1. In oblong baking dish, combine celery, butter, parsley, salt, dill and pepper. Heat 3 to 4 minutes on HIGH until celery is tender; stir in wine.
2. Arrange salmon in dish; spoon wine and butter mixture over salmon.
   Heat, covered, with wax paper, 4½ to 5½ minutes on HIGH until salmon is done. Let stand, covered, 3 minutes before serving.

STEAMED WHOLE LOBSTER

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 22 min.
Yield: about 2 servings

1 fresh lobster (about 1½ to 2 lb.), pegged
1 quart hot water
½ teaspoon salt

1. In 5-quart casserole dish, heat, covered, water and salt 5 to 6 minutes on HIGH until boiling. Tilt dish; place lobster in dish, head first.
2. Heat, covered, 14 to 16 minutes on POWER LEVEL 7 until shell turns red. Let stand, covered, 2 minutes. To test for doneness, slit tail section; lobster meat should be opaque. If necessary, heat, covered, an additional 1 to 2 minutes on POWER LEVEL 7.

SEAFOOD NEWBURG

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 4 servings

1 pound seafood, cooked (see page 59) and cut into bite-size pieces
1 can (10¾ oz.) condensed cream of mushroom soup
1 package (10 oz.) frozen peas, thawed (see page 166)
¼ cup milk or light cream
1 jar (2½ oz.) sliced mushrooms, drained
2 to 3 tablespoons sherry

1. In 1½-quart casserole dish, combine soup, peas and milk. Heat, covered, 4 to 5 minutes on POWER LEVEL 7 stirring once.
2. Add remaining ingredients. Heat, covered, 4 to 5 minutes on POWER LEVEL 7 until heated through, stirring once. Let stand, covered, 3 minutes before serving.

SHRIMP AND VEGETABLES MANDARIN

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
Approx. Cooking Time: 13 min.
Yield: about 4 servings

1 pound medium shrimp, shelled and cleaned
1 bunch green onions (scallions), thinly sliced (about ½ cup)
1 package (6 oz) frozen pea pods, thawed *
1 jar (4½ oz.) sliced mushrooms, drained
1 can (11 oz.) mandarin oranges, drained (reserve liquid)
Water
2 envelopes (¼ oz. ea.) instant chicken broth 1½ tablespoons cornstarch
⅛ teaspoon garlic powder
Slivered almonds

1. Add enough water to reserved syrup to equal 1½ cups.
   In 2-quart casserole dish, combine syrup mixture, broth, cornstarch and garlic. Heat 3½ to 4½ minutes on HIGH until mixture is thickened, stirring twice.
2. Stir in shrimp, onions, pea pods and mushrooms. Heat, covered, 2 minutes at HIGH
3. Continue cooking on POWER LEVEL 7 an additional 5 to 6 minutes until shrimp is tender, stirring once. Stir in oranges and almonds and let stand, covered, 5 minutes before serving.

***Hint:** *To quickly that frozen vegetables in your microwave oven, see page 166.*

SHRIMP SCAMPI

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min
Yield: about 4 servings

1 pound medium shrimp, shelled and cleaned
½ cup butter or margarine
½ tablesoon finely chopped garlic or to taste
2 tablespoons lemon juice
1 tablespoon parsley flakes
½ teaspoon salt
Paprika (optional)

1. In round baking dish, heat butter and garlic 1½ to 2 minutes on HIGH until butter is melted.
2. Add lemon juice, parsley and salt; stir in shrimp. Heat, covered, 4 to 5 minutes on POWER LEVEL 7 until shrimp is done, stirring once. Let stand, covered, 5 minutes; sprinkle with paprika before serving.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat butter ¾ to 1 minute on HIGH and shrimp 2½ to 3 minutes on POWER LEVEL 7.*

Pictured on the following page: Seafood Casserole, Sausage and Bean Casserole, Turkey Italiano

Casseroles

Eggplant Parmesan 67
Lasagne 67
Country Ham Casserole 67
Corn Dogs 67
Chili'n Rice Casserole 68
Chicken and Dumplings 68
Tuna Casserole 68
Seafood Casserole 68
Chicken à la King 69
Mama's Italian Sausage 69
Honeyed Ham and Apple Rings 69
Hamburger Treats 69
Baked Ziti 70
Mermaid's Delight 70
Quickie Dinner 70
Hot Tortilla Dogs 70
Boston Eggplant Casserole 70
South of the Border Chill Pie 71
Chicken Pot Pie 71
Shrimp and Spaghetti Bake 71
Sausage and Bean Casserole 72
Meat Pot 72
Saturday Night Special 72
Turkey Italiano 72
Preparing Dry Casserole Mixes 73
Corned Beef and Cabbage 73

An all-time, all-seasons favorite is a piping hot casserole. Besides being quick and easy, the variety is endless. With the help of your microwave oven, you can have most casseroles from the kitchen to the dinner table in 30 minutes. Remember to cut all pieces for your casserole uniformly for even cooking. To help get you started, some interesting recipes are offered.

EGGPLANT PARMESAN

Power Level: HIGH
Temp. Setting: 160°F
Approx. Cooking Time: 17 min.
Yield: about 4 servings

1 medium eggplant (about 1¾ lb.)
1 slice white bread, crumbed
¼ cup grated Parmesan cheese
2 tablespoons butter or margarine, melted
2 cups spaghetti sauce
1½ to 2 cups shredded Mozzarella cheese

1. Pierce skin of eggplant several times; arrange eggplant on paper towel on glass oven tray. Heat 4½ to 5½ minutes on HIGH until eggplant is almost tender; let cool, then peel, if desired, and slice into ½-inch pieces.
2. Meanwhile, combine bread, parmesan cheese and butter. In 1½-quart casserole dish, alternately layer spaghetti sauce, eggplant, crumb mixture and mozzarella cheese. Microwave on HIGH,

   TO HEAT BY TERMPERATURE: Insert probe into center of casserole. Set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set time for 10½ to 11½ minutes until heated through.
3. Let stand, covered 5 minutes before serving.

LASAGNE

Power Level: HIGH
HIGH→5 (MEDIUM)
Approx. Cooking Time: 43 min.
Yield: about 6 servings

½ pound ground beef
1 jar (32 oz.) spaghetti sauce
½ cup water
1½ cups ricotta or cottage cheese
1 egg
½ teaspoon pepper
8 lasagne noodles (uncooked)
½ pound Mozzarella cheese, thinly sliced
½ cup greated Parmesan cheese

1. In large glass bowl, crumble ground beef. Heat 2 to 3 minutes on HIGH until beef is browned, stirring once; drain. Stir in spaghetti sauce and water.
2. Meanwhile, combine ricotta cheese, egg and pepper. In oblong baking dish, spoon ½ cup sauce; alternately layer of noodles, egg mixture, mozzarella cheese and sauce, forming 2 layers. Heat, covered, 8 minutes on HIGH
3. Continue cooking on POWER LEVEL 5 an additional 30 to 32 minutes until noodles are tender. Top with parmesan cheese; let stand, covered, 15 minutes before serving.

COUNTRY HAM CASSEROLE

Power Level: 9
Temp. Setting: 145°F
Approx. Cooking Time: 14 min.
Yield: about 4 servings

1 package (8 oz.) noodles, cooked (see page 103)
2 cups cut-up cooked ham (about ½ lb.)
1½ cups shredded Swiss cheese (about 6 oz.)
1 can (10¾ oz.) condensed cream of celery soup
1 can (8 oz.) green peas, drained*
¾ cup milk
½ teaspoon dry mustard powder (optional)
French fried onion pieces or crushed corn chips

1. In 3-quart casserole dish, combine noodles, ham, 1¼ cups cheese, soup, peas, milk and mustard. Heat, covered, 5 to 6 minutes on POWER LEVEL 9, stirring once.
2. Top with remaining cheese and onion pieces, microwave on POWER LEVEL 9,

   TO HEAT BY TEMPERATURE: Insert probe into center of casserole. Set TEMP. COOK at 145°F.

   TO HEAT BY TIME: Set time 7 to 8 minutes.
3. Let stand, covered, 5 minutes before serving.

***Variation:** *Use cup cut-up cooked asparagus for peas.*

CORN DOGS

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 15 min.
Yield: 4 servings

¾ cup yellow cornmeal
1 can (8 oz.) cream-style corn
¾ cup all-purpose flour
½ cup chopped onion
1 teablespoon baking powder
½ teaspoon salt
¼ teaspoon dry mustard powder
1 egg
½ cup milk
⅛ teaspoon hot pepper sauce
4 frankfurters, halved crosswise

1. Combine cornmeal, flour, onion, baking powder, salt and mustard; stir in egg, corn, milk and hot pepper sauce.
2. Spoon batter into greased round baking dish with inverted glass in center. Place frankfurter halves around dish in spoke-like fashion. Heat 13½ to 14½ minutes on POWER LEVEL 5 until cornbread is done. Remove glass; let stand, covered, 7 minutes before serving.

CHILI 'N RICE CASSEROLE

Power Level: HIGH
HIGH→5 (MEDIUM)
Approx. Cooking Time: 55 min.
Yield: about 4 servings

1 pound ground beef
1 cup chopped green pepper
1 cup chopped onion
1 clove garlic, finely chopped
Water
1 can (16 oz.) whole tomatoes, chopped and drained (reserve liquid)
1 can (15 oz.) tomato sauce
1 cup rice
2 to 3 tablespoons chili powder
1 teaspoon salt

1. In 4-quart casserole dish, crumble ground beef; stir in green pepper, onion and garlic. Heat 4½ to 5½ minutes on HIGH until beef is browned and onion is tender, stirring twice; drain.
2. Add enough water to reserved liquid to equal 2 cups; add to beef and stir in remaining ingredients. Heat, covered, 8 to 9 minutes on HIGH
3. Continue cooking on POWER LEVEL 5 an additional 40 minutes until rice is almost tender. Let stand, covered, 15 minutes before serving.

CHICKEN AND DUMPLINGS

Power Level: HIGH→7 (MEDIUM-HIGH)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 48 min.
Yield: about 6 servings

3 pounds chicken parts
3¾ cups water
2 bay leaves
1 teaspoon salt
8 peppercorns
1 tablespoon parsley flakes
¼ teaspoon dried sage
5 tablespoons cornstarch
1 package (10 oz.) frozen peas and carrots, thawed
1 package (8 oz.) refrigerated buttermilk biscuits

1. In 5-quart casserole dish, combine chicken, 3 cups water, bay leaves, salt and peppercorns. Heat, covered, 10 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 20 minutes until chicken is tender. Remove chicken; strain broth into 4-quart casserole dish.
3. Add parsley, sage, and cornstarch blended with remaining water. Heat on POWER LEVEL 7 for 5 to 6 minutes until broth is thickened, stirring once. Meanwhile, remove chicken meat from bone.
4. Stir into gravy with peas and carrots; place biscuits, halved on top. Heat, covered, 10 to 12 minuters on POWER LEVEL 7. Let stand 7 minutes before serving.

TUNA CASSEROLE

Power Level: 9
Approx. Cooking Time: 10 min.
Yield: about 4 servings

1 can (3 oz.) chow mein noodles
1 can (10¾ oz.) condensed cream of mushroom soup
1 can (7 oz.) tuna, drained and flaked
2 tablespoons butter or margarine, melted
1 tablespoon soy sauce
1 teaspoon garlic powder
1 cup finely chopped celery*
¼ pound salted cashew nuts
2 teaspoons dried onion flakes
¼ cup water

1. Combine butter, soy sauce, garlic and noodles; toss well and reserve. In 8-inch round baking dish, combine soup, tuna, celery, nuts, onion and water.
2. Heat 8 to 9 minutes on POWER LEVEL 9 until heated through, stirring twice. Top with noodles and heat 1 minute on POWER LEVEL 9. Let stand, covered, 5 minutes.

***Variation:** *Use 1 cup sliced water chestnuts for celery.*

SEAFOOD CASSEROLE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 46 min.
Yield: about 6 servings

2 packages (6 oz. ea.) chicken flavored rice mix with flavor packet
12 medium shrimp, shelled and cleaned
¾ pound cooked ham, cubed
5½ cups hot tap water
½ teaspoon ground cinnamon
Pinch saffron
12 small clams, scrubbed
6 pieces frozen friend chicken, thawed
1 package (9 oz.) frozen artichoke hearts, thawed
½ cup sliced pitted ripe olives (optional)
3 tablespoons chopped pimento (optional)

1. In 5-quart casserole dish, combine water, cinnamon, saffron and flavor packets (from rice mix). Heat, covered, 10 to 12 minutes on HIGH until liquid is boiling
2. Add rice and heat, covered, 10 to 11 minutes on HIGH. Add clams and let stand, covered, 10 to 12 minutes.
3. Add shrimp and ham and heat, covered, 11 to 12 minutes on POWER LEVEL 7, stirring once. Add chicken, artichokes, olives and pimento. Heat, covered, 10 to 11 minutes on POWER LEVEL 7, stirring once. Let stand 10 minutes before serving.

CHICKEN À LA KING

Power Level: HIGH
HIGH→7 (MEDIUM-HIGH)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 20 min.
Yield: about 6 servings

3 cups cut-up cooked chicken or turkey
⅓ cup butter or margarine
2 tablespoons finely chopped green pepper
⅓ cup flour
1 teaspoon salt
⅛ teaspoon pepper
1¼ cups chicken broth
1¼ cups milk or light cream
1 jar (4 oz.) sliced pimento, drained (about ⅓ cup)
1 can (4 oz.) sliced mushrooms, drained
2 tablespoons dry sherry (optional)

1. In 3-quart casserole dish, heat butter and green pepper 3 to 4 minutes on HIGH until green pepper is tender; stir in flour, salt and pepper.
2. Gradually add broth and milk, stirring until smooth. Heat 2 to 3 minutes on HIGH.
3. Continue cooking on POWER LEVEL 7 an additional 4 to 5 minutes until sauce is thickened, stirring twice. Add remaining ingredients. Heat 7 to 8 minutes on POWER LEVEL 7 until heated through, stirring twice. Serve over toast, noodles or rice.

MAMA'S ITALIAN SAUSAGE

Power Level: HIGH
Approx. Cooking Time: 22 min.
Yield: about 6 servings

1½ pounds Italian sausage links, cut into 1¼-inch pieces
3 medium potatoes, peeled and cut into small chunks
1 clove garlic, finely chopped
3 medium green peppers, cut into chunks
3 medium onions, cut into chunks
2 cans (8 oz. ea.) tomato sauce
½ teaspoon salt
½ teaspoon ground oregano
¼ teaspoon pepper

1. In 3-quart casserole dish, combine sausage, potatoes and garlic; heat, covered, 9 to 11 minutes on HIGH until sausage is almost cooked, stirring once.
2. Drain; stir in remaining ingredients* and heat, covered, 9 to 11 minutes on HIGH until vegetables are tender, stirring twice. Let stand, covered, 5 minutes before serving.

** If desired, add an additional can (8 oz.) tomato sauce.*

HONEYED HAM AND APPLE RINGS

Power Level: 9
HIGH
Approx. Cooking Time: 20 min.
Yield: about 6 servings

1¼ pounds cooked ham, ground (about 3½ cups)
5 small apples
3 eggs
1 cup soft bread crumbs
½ cup milk
⅓ cup finely chopped onion
5 tablespoons honey
¼ teaspoon ground cloves
⅛ teaspoon ground ginger
Pepper to taste
2 tablespoons butter or margarine

1. Combine ham, 1 apple peeled and chopped, eggs, bread crumbs, milk, onion, 4 tablespoons honey, cloves, ginger and pepper. Spoon mixture into 9-inch glass pie plate with inverted glass in center. Heat 12 to 13 minutes on POWER LEVEL 9 until mixture is set. Remove glass; let stand, covered, 7 minutes.
2. Meanwhile, peel and slice remaining apples. In small glass bowl, combine apples, butter and remaining honey. Heat, covered, 6 to 7 minutes on HIGH until apples are tender. Invert ham onto serving platter; arrange apples on top of ring.

HAMBURGER TREATS

Power Level: HIGH
HIGH→5 (MEDIUM)
Approx. Cooking Time: 25 min.
Yield: about 4 servings

1 pound ground beef
½ cup chopped green pepper or onion
2 cups water
1 can (15 oz.) tomato sauce
1 can (8 oz.) whole kernel corn, undrained
½-8 ounce package elbow macaroni
⅛ teaspoon hot pepper sauce
1 cup corn chips, crushed

1. In 3-quart casserole dish, crumble ground beef; stir in green pepper. Heat 4½ to 5½ minutes on HIGH until beef is browned, stirring once; drain.
2. Stir in water, tomato sauce, corn, macaroni and hot pepper sauce. Heat, covered, 10 minutes on HIGH
3. Continue cooking on POWER LEVEL 5 an additional 8 to 9 minutes until macaroni is almost tender, stirring once. Let stand, covered, 10 minutes; top with corn chips and serve.

BAKED ZITI

Power Level: HIGH
5 (MEDIUM)
Approx. Cooking Time: 36 min.
Yield: about 4 servings

1 package (8 oz.) ziti macaroni
2½ cups spaghetti sauce
2 cups water
½ cup shredded Mozzarella cheese

1. In 2-quart casserole dish, combine spaghetti sauce and water; heat, covered, 8 to 9 minutes on HIGH until liquid is boiling.
2. Add ziti and heat, covered, 25 to 27 minutes on POWER LEVEL 5 until noodles are tender, stirring occasionally.
3. Sprinkle with cheese and let stand, covered, 10 minutes before serving.

MERMAID'S DELIGHT

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 14 min.
Yield: about 6 servings

1 pound medium shrimp, shelled and cleaned
2 cups cooked rice (see page 105)
¼ cup chopped green pepper
2 tablespoons butter or margarine
1½ cups mayonnaise
1 can (8 oz.) peas, drained
1 package (6 oz.) crabmeat, drained and flaked (canned or frozen, thawed)
Salt and pepper to taste

1. In 2-quart casserole dish, heat green pepper and butter 1½ to 2½ minutes on HIGH, stirring once.
2. Add shrimp and heat 3 to 4 minutes on HIGH, stirring once. Stir in remaining ingredients.
3. Heat, covered, 6½ to 7½ minutes on POWER LEVEL 7 until heated through, stirring once. Top, if desired, with buttered bread crumbs.

QUICKIE DINNER

Power Level: 9
Approx. Cooking Time: 11 min.
Yield: about 4 servings

1 can (10¾ oz.) condensed cream of chicken or cream of mushrooms soup
¾ cup water
¼ cup white wine*
2 teaspoons soy sauce
1½ to 2 cups cut-up cooked chicken or turkey
1½ cups packaged precooked rice
1 can (8 oz.) green peas, drained
2 tablespoons chopped pimento

1. In 2-quart casserole dish, blend soup, water, wine and soy sauce; stir in remaining ingredients. Heat, covered, 9½ to 10½ minutes on POWER LEVEL 9 until heated through, stirring twice. Let stand, covered, 5 minutes.
2. Top, if desired, with crushed crackers or buttered bread crumbs.

**If desired, omit wine and increase water to 1 cup.*

HOT TORTILLA DOGS

Power Level: 9
Approx. Cooking Time: 8 min.
Yield: 4 servings

1 can (16 oz.) chili without beans
3 tablespoon finely chopped green chili peppers
⅛ teaspoon hot pepper sauce
8 tortillas, softened*
8 frankfurters, ends slit
1 can (8 oz.) tomato sauce
1 cup shredded Cheddar cheese

1. Combine chili, chili peppers and hot pepper sauce. Place 2 tablespoons chili mixture on each tortilla; place frankfurters in center and roll up. In oblong baking dish, arrange tortillas seamside down.
2. Combine tomato sauce with remaining chili mixture; pour over tortillas. Heat, covered, 6½ to 7½ minutes on POWER LEVEL 9 until heated through.
3. Top with cheese; let stand, covered, 5 minutes before serving.

***Hint:** *To soften tortillas in your microwave oven, in oblong baking dish, arrange tortillas between layers of damp paper towels. Heat; covered, on High for 4½ to 6 minutes, eight tortillas will soften.*

BOSTON EGGPLANT CASSEROLE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 12 min.
Yield: 3 to 4 servings

2 slices bacon, cooked crisp, crumbled (reserve bacon fat)
1 small onion, finely chopped
½ cup seasoned croutons
¼ cup crumbled feta cheese
½ can (15 oz. size) tomato sauce
½ teaspoon salt
½ pound lean ground beef
1 small clove of gralic, peeled and crushed
1 small green pepper, finely chopped
1 small eggplant, peeled and cut into ½-inch slices
Pepper to taste

1. Combine beef, onion, garlic, green pepper and reserved bacon fat in a medium casserole dish. Heat for 3½ to 4½ minutes on POWER LEVEL 7 uncovered. Vegetables should be tender and beef slightly browned.

2. Add eggplant slices, tomato sauce, feta cheese, crumbled bacon, salt and pepper. Blend well. Cover and heat on POWER LEVEL 7 for 4 to 6 minutes until eggplant is tender.
3. Sprinkle with croutons and heat on POWER LEVEL 7 an additional ½ to 1 minutes until heated clear through.

SOUTH OF THE BORDER CHILL PIE

Power Level: 7 (MEDIUM-HIGH)
Temp. Setting: 160°F
Approx. Cooking Time: 21 min.
Yield: 4 to 6 servings

1½ pound lean ground beef
1 can (12 oz.) whole kernal corn, drained
1 can (16 oz.) can whole peeled tomatoes, undrained
1 can (8 oz.) tomato sauce with cheese
1 large onion, thinly sliced
1 teaspoon salt
½ cup shredded Cheddar cheese
1½ cups coarsely crumbled tortilla chips or corn chips
⅓ cup stuffed green olives
2 teaspoons chili powder
Pepper to taste

1. Crumble beef into a 2-quart casserole dish and add onions. Heat on POWER LEVEL 7 for 7 to 9 minutes until beef is browned. Stir occasionally. Drain.
2. Add corn, tomatoes, tomato sauce, chili powder salt and pepper. Blend well. Heat, uncovered, on POWER LEVEL 7 for 4 to 5 minutes. Stir occasionally.
3. Arrange olives on top of meat and sprinkle with cheese. Heat, uncovered, on POWER LEVEL 7 for 4 to 5 minutes until cheese begins to melt.
4. Sprinkle with tortilla chips and uncovered, microwave on POWER LEVEL 7,

   TO HEAT BY TEMPERATURE: Insert probe into center of casserole. Set TEMP. COOK at 160°F

   TO HEAT BY TIME: Set time for 1 to 2 minutes.
5. Serve.

CHICKEN POT PIE

Power Level: 9
Temp. Setting: 145°F
Approx. Cooking Time: 12 min.
Yield: about 4 servings

2 cups cut-up cooked chicken or turkey
1 can (10¾ oz.) condensed cream of chicken soup
1 package (10 oz.) frozen mixed vegetables, thawed (see page 166)
½ cup milk
⅛ teaspoon pepper
Dash Worcestershire sauce
2 cups leftover stuffing*

1. In 2-quart casserole dish, combine chicken, soup, vegetables, milk, pepper and Worcestershire. Heat 6 to 7 minutes on POWER LEVEL 9, stirring once.
2. Crumble stuffing over chicken mixture to form crust. Microwave on POWER LEVEL 9,

   TO HEAT BY TEMPERATURE: Insert probe into center of casserole. Set TEMP. COOK at 145°F.

   TO HEAT BY TIME: Set time for 4 to 5 minutes.
3. Let stand, covered, 7 minutes before serving.

***Substitution:** *Use 2 cups seasoned croutons for leftover stuffing.*

SHRIMP AND SPAGHETTI BAKE

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
9
Approx. Cooking Time: 18 min.
Yield: 4 to 6 servings

1 pound medium shrimp, shelled and cleaned
1 package (8 oz.) spaghetti, cooked and drained (see page 103)
½ cup chopped green pepper
½ cup chopped onion
3 tablespoons butter
3 cans (8 oz. ea.) tomato sauce
1 can (16 oz.) whole tomatoes, chopped and drained
1 tablespoon Worcestershire sauce
1 teaspoon salt
⅛ teaspoon crushed red pepper (optional)
¾ cup grated Parmesan cheese

1. In 3-quart casserole dish, combine green pepper, onion and butter; heat, covered, 3 to 4 minutes on HIGH.
2. Stir in tomato sauce, tomatoes, shrimp, Worcestershire sauce, salt and red pepper. Heat, covered, 3 minutes on HIGH.
3. Continue cooking on POWER LEVEL 7 an additional 3 to 4 minutes until shrimp is almost done. Stir in spaghetti and ½ cup cheese; combine thoroughly. Top with remaining cheese.
4. Heat, uncovered, 5 to 7 minutes on POWER LEVEL 9 until heated through.

SAUSAGE AND BEAN CASSEROLE

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 30 min.
Yield: about 6 servings

1½ pounds Italian sausage links, cut into 1½-inch pieces
2 small onions, sliced
2 cans (16 oz. ea.) navy or small white beans, rinsed*
½ pound cooked ham, cut into 1-inch pieces
1 can (8 oz.) tomato sauce
½ cup catsup
¼ cup white wine (optional)
¼ cup brown sugar
1 teaspoon salt
½ teaspoon dry mustard powder
½ teaspoon pepper

1. In 3-quart casserole dish, Combine sausage and onions. Heat, covered, 8 to 10 minutes on HIGH until sausage is almost cooked, stirring once; drain. Stir in remaining ingredients and heat, covered, 5 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 10 to 15 minutes until flavors are blended, stirring twice.

***Note:** *To use dried beans, see (page 114).*

MEAT POT

Power Level: HIGH
9
Approx. Cooking Time: 14 min.
Yield: about 4 servings

2 cups cut-up cooked lamb or beef (about ¾-inch pieces)
½ cup chopped onion
3 tablespoons butter or margarine
3 tablespoons flour*
½ tablespoon parsley
1½ cups beef broth*
1 package (10 oz.) frozen peas and carrots, thawed (see page 166)
1½ to 2 cups hot mashed potatoes
Paprika

1. In 2-quart casserole dish, heat onion and butter 2 to 2½ minutes on HIGH until onion is tender. Stir in flour and parsley; gradually add broth. Heat 2 to 3 minutes on HIGH until gravy is thickened, stirring once. Stir in lamb and peas and carrots.
2. Heat 7½ to 8½ minutes on POWER LEVEL 9 until heated through, stirring once.
3. Spoon potatoes on top of casserole; sprinkle with paprika. Heat, if necessary, 2 to 3 minutes on POWER LEVEL 9.

***Substitution:** *Use 1½ cups leftover or canned gravy for flour and broth.*

SATURDAY NIGHT SPECIAL

Power Level: HIGH
9
Temp. Setting: 145°F
Approx. Cooking Time: 20 min.
Yield: about 4 servings

4 slices bacon, diced
½ cup finely chopped onion
1 can (10¾ oz.) condensed cream of celery soup
1 can (16 oz.) sliced potatoes, drained (reserve ⅓ cup liquid)
1 package (9 oz.) frozen french-style green beans, thawed (see page 111)
2 cups cut-up cooked chicken*

1. In 2½-quart casserole dish, heat bacon 2½ to 3 minutes on HIGH, stirring once. Remove bacon and add onion to bacon drippings; heat 2½ to 3½ minutes on HIGH until onion is tender.
2. Blend in soup and reserved liquid; stir in potatoes, green beans and chicken. Heat, covered, 8 to 9 minutes on POWER LEVEL 9, stirring twice.
3. Top with bacon, microwave on POWER LEVEL 9,

   TO HEAT BY TEMPERATURE: Insert probe into center of casserole. Set TEMP. COOK at 145°F.

   TO HEAT BY TIME: Set time for 3 to 4 minutes.
4. Let stand, covered, 5 minutes before serving.

***Substitution:** *Use 3 cans (5 oz. ea.) boned chicken or 1 pound frankfurters, cut up.*

TURKEY ITALIANO

Power Level: HIGH
7 (MEDIUM-HIGH)
Temp. Setting: 145°F
Approx. Cooking Time: 14 min.
Yield: about 6 servings

3 cups cut-up cooked turkey or chicken
1 package (8 oz.) spaghetti, cooked and drained (see page 103)
¼ cup butter or margarine
¼ cup flour
1 teaspoon salt
¼ teaspoon pepper
1 cup chicken broth
1 cup half'n half or light cream
1 can (4 oz.) sliced mushrooms, drained
2 tablespoons sherry (optional)
¼ cup grated Parmesan cheese
Paprika

1. In 3-quart casserole dish, heat butter,1 to 2 minutes on HIGH until melted; stir in flour, salt and pepper.
2. Gradually add broth and cream, stirring until smooth.
   Heat 4½ to 5 minutes on POWER LEVEL 7 until sauce is thickened, stirring twice.

3. Stir in turkey, spaghetti, mushrooms and sherry; top with parmesan cheese and paprika, microwave on POWER LEVEL 7,

   TO HEAT BY TEMPERATURE: Insert probe into center of casserole. Set TEMP. COOK at 145°F.

   TO HEAT BY TIME: Set time for 6 to 7 minutes.
4. Let stand, covered, 7 minutes before serving.

PREPARING DRY CASSEROLE MIXES

"add ground beef"—(5½ to 8 oz. ea.)

1. In 3-quart casserole dish, crumble 1 pound ground beef. Heat 3½ to 4½ minutes on HIGH until beef is browned, stirring once; drain.
2. Stir in sauce mix, noodles and hot water (amount as package directs*) Heat, covered, 5 to 7 minutes on HIGH until mixture boils.
3. Heat, covered, 8 to 10 minutes on POWER LEVEL 5 until noodles are almost tender. Let stand, covered, 10 minutes before serving.

**For thicker sauce, reduce water by ¼ cup.*

CORNED BEEF AND CABBAGE

Power Level: HIGH
Approx. Cooking Time: 19 min.
Yield about 4 servings

1 can (12 oz.) corned beef, crumbled
½ head cabbage, cut into 4 wedges (about 1¼ lb.)
2 medium potatoes, thinly sliced (about 2 cups)
1 medium onion, sliced
¼ cup water
¾ teaspoon salt
⅛ teaspoon pepper
¼ cup butter or margarine, melted*

1. In greased 3-quart casserole dish, layer potatoes and onion; add water, salt and pepper. Heat, covered, 7 to 8 minutes on HIGH.
2. Add corned beef and cabbage; pour butter over cabbage. Heat, covered, 10 to 11 minutes on HIGH until cabbage is tender, turning dish once. Let stand, covered, 5 minutes before serving.

*Hint: *To quickly melt butter in your microwave oven, see Time-Saving Hints, page 167.*

Pictured on the following page: Egg Benedict, Swiss Cheese Fondue, French Omelet

Eggs and Cheeses

Special Hints for Preparing Hard Cooked Eggs 77
Preparing Scrambled Eggs 77

EGGS

Onion Eggs'n Cheese 78
Basic Omelet 78
Cheese Omelet 78
Ham Omelet 78
Herb Omelet 78
Jelly Omelet 78
Baked Eggs in Bologna 78
Eggs Benedict 78
Country Breakfast Special 79
Breakfast Treat 79
French Omelet 79
El Ranchero Eggs 79
Corned Beef Hash and Eggs 80
Ham and Egg Scramble 80

CHEESES

Onion Cheese Pie 80
Spinach Cheese Ring 80
Macaroni and Cheese 80
Shrimp Fondue 81
Swiss Cheese Fondue 81
Welsh Rarebit 81
Ham Cuisine 81

In this chapter, you will learn that many recipes may be served in the same dish they are cooked in, saving you not only time over a hot stove, but from washing so many dishes. Enjoy that Sunday morning brunch with all the trimmings and still have time to enjoy other things in life. Quick, easy ways to prepare eggs with all your other favorites at the breakfast table await you in this chapter.

SPECIAL HINTS FOR PREPARING HARD COOKED EGGS

Cooking eggs in their shell is a microwave oven NO. Because you are unable to pierce the shell or the egg membrane, there is no place for the steam to escape. The result would be a messy egg, bursting inside the oven.

HOWEVER, if the hard cooked egg will be sliced or chopped, you can do this in the microwave oven. In greased small glass bowl, break egg; with toothpick, pierce egg yolk twice and egg white several times. Heat, covered, on POWER LEVEL 7. Let stand to cool before slicing, chopping, etc.

Pierce egg yolk and egg white before cooking

NUMBER OF EGGS	COOK TIME (in min.) on POWER LEVEL 7 (MEDIUM-HIGH)
1	1 to 1½
2	2 to 2½
4	3½ to 4

PREPARING SCRAMBLED EGGS

- Beat eggs and stir in one tablespoon milk and dash salt for each egg.
- Pour into greased dish.
- Heat, covered with plastic wrap; stir vigorously once between cooking times, then continue cooking, covered, on POWER LEVEL 7 (MEDIUM-HIGH).
- Stir and let stand, covered for 1 to 2 minutes. Stir again before serving.

NUMBER OF EGGS	CONTAINER	COOK TIME (in min.) on POWER LEVEL 7 (MEDIUM-HIGH)	
		FIRST	SECOND
1	10 oz. custard cup or small glass bowl	½ to ¾	¼ to ½
2	10 oz. custard cups or small glass bowls	1 to 1¼	½ to ¾
4	8-in. round cake dish	2 to 2¼	1 to 1¼

Hint: *Eggs will be slightly underdone after cooking time. The cooking will be completed during standing time.*

EGGS

ONION, EGG'N CHEESE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 2 min.
Yield: 1 serving

1 egg
1 tablespoon shredded Cheddar cheese
1 green onion, sliced thin
1 teaspoon melted butter or margarine
Salt and pepper to taste

1. Combine onion with melted butter in a 4-inch custard cup and heat on HIGH for ½ minutes until onion is tender.
2. Carefully break egg into custard cup, piercing egg yolk and egg white several times with toothpick. Season with salt and pepper, if desired, and sprinkle with Cheddar cheese.
3. Cover with wax paper and heat on POWER LEVEL 7 for ½ to 1 minutes until egg white is nearly opaque. Let stand 1 minutes before serving.

BASIC OMELET

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 4 min.
Yield: 1 serving

2 eggs
2 tablespoons milk
1 tablespoon butter or margarine
⅛ teaspoon salt
Dash pepper

1. In 9-inch glass pie plate, heat butter ½ to ¾ minute on HIGH until melted, turn plate to coat bottom with butter.
   Meanwhile, combine remaining ingredient; pour into pie plate.
2. Heat, covered, 2 to 3 minutes on POWER LEVEL 7 until omelet is almost set, stirring after 1 minute; let stand, covered, 2 minutes. With spatula, loosen edges of omelet from plate; fold into thirds to serve.

Variations:
For CHEESE Omelet, *before folding, sprinkle ½ cup shredded cheese down center of omelet.*
For HAM Omelet, *before folding, sprinkle ¼ cup finely chopped cooked ham down center of omelet.*
For HERB Omelet, *blend in ⅛ teaspoon basil, thyme or crushed rosemary with eggs and milk.*
For JELLY Omelet, *before folding, spoon ¼ cup jelly down center of omelet.*

BAKED EGGS IN BOLOGNA

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 3 min.
Yield: 4 servings

4 eggs
4 slices bologna
4 teaspoons milk
Salt and pepper to taste

1. Heat bologna in single layer between layers of paper towel ½ to ¾ minute on HIGH.
2. For each serving, line custard cups (6 oz. ea.) with bologna. Break egg into center; with toothpick, pierce egg yolk twice and egg white several times.
3. Top with 1 teaspoon milk; season with salt and pepper. Heat, covered with plastic wrap, 2 to 2¼ minutes on POWER LEVEL 7. Let stand, covered, 2 minutes before serving.

Note: For TWO baked eggs, *follow above procedure; halve all ingredients. Heat bologna ½ to ¾ minute on HIGH and eggs 1½ to 1¾ minutes on POWER LEVEL 7; let stand 1 minute.*
For ONE baked egg, *heat bologna ¼ to ½ minute on HIGH and egg 1 to 1½ minutes on POWER LEVEL 7; let stand 1 minute.*

EGGS BENEDICT

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: 4 servings

4 eggs
4 thin slices cooked ham
2 English muffins, split and toasted
1 package (1¼ oz.) hollandaise sauce mix
Ingredients as sauce mix package directs

1. In 2-cup glass measure, combine sauce mix and ingredients as package directs. Heat 2 to 2½ minutes on HIGH unitl sauce is thickened, stirring once.
2. In 4 each small glass bowl, add ¼ cup hot water, vinegar and salt on HIGH for 4 minutes.
3. Break egg into boiling water and toothpick pierce egg yolk twice and egg white serveral time. Covered with plastic wrap, on POWER LEVEL 7 for 2¼ to 2½ minutes. Let stand, covered, 2 minutes.
4. While eggs are standing, heat ham, arranged in single layer on paper towel lined paper plate, 1 to 1½ minutes on POWER LEVEL 7.
5. To serve, place ham on muffin; top with egg, then sauce. If necessary, reheat ½ to 1 minute on POWER LEVEL 7.

COUNTRY BREAKFAST SPECIAL

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 18 min.
Yield: about 4 servings

2 medium baking potatoes (about 6 oz. ea.)*
4 eggs
2 slices American cheese, halved (optional)
¼ cup butter or margarine
¼ cup chopped green pepper
¼ cup chopped onion
½ cup milk
½ teaspoon salt
⅛ teaspoon pepper

1. Heat potatoes on HIGH, according to directions for baking potatoes (page 114). Let stand 5 minutes: peel and slice.
2. Meanwhile, in 9-inch baking dish, heat butter, green pepper and onion 3 to 4 minutes on HIGH until vegetables are tender; add sliced potatoes.
3. Combine eggs, milk, salt and pepper; stir into potatoes.
   Heat, covered, 5 to 6 minutes on POWER LEVEL 7 until eggs are set, stirring twice. Top with cheese; let stand, covered, 5 minutes before serving.

***Substitution:** *Use 1 or 2 cans (16 oz. ea.) sliced potatoes, drained for baked potatoes.*

BREAKFAST TREAT

Power Level: 7 (MEDIUM-HIGH)
HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: 4 servings

4 eggs
4 slices Canadian bacon (about ½-in. thick)
4 English muffins, split and toasted
4 slices American cheese
¼ cup milk
Salt and pepper to taste

1. Combine eggs, milk, salt and pepper; prepare Scrambled Eggs on POWER LEVEL 7, according to chart (page 77).
2. While eggs are standing, heat bacon, in single layer on paper towel lined paper plate, 2 to 3 minutes on HIGH.
3. Place bacon on 3 muffins; top with eggs, cheese, then remaining muffins. Wrap each stack in paper napkin; arrange on glass oven tray. Heat 1½ to 2 minutes on POWER LEVEL 7.

Note: For TWO servings, *follow above procecure; halve all ingredients. Heat bacon 1¼ to 1¾ minutes on HIGH and stack 1 to 1½ minutes on POWER LEVEL 7.*
For ONE serving, *heat bacon ¾ to 1 minute on HIGH and stacks ½ to ¾ minute on POWER LEVEL 7.*

FRENCH OMELET

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: 2 servings

1 small apple, sliced
4 eggs, separated
2 tablespoons butter or margarine
1 tablespoon honey
Dash ground cinnamon
Salt and pepper to taste

1. In small glass bowl, combine apple, 1 tablespoon butter, honey and cinnamon. Heat, covered, 3 to 4 minutes on HIGH until apples are tender; reserve.
2. In 9-inch glass pie plate, heat remaining butter ½ to ¾ minute on HIGH until melted; turn plate to coat bottom with butter.
3. Meanwhile, beat egg whites until stiff, but not dry; beat egg yolks, salt and pepper until thickened. Fold egg yolks into egg whites; carefully pour mixture into pie plate. Heat 4 to 5 minutes on POWER LEVEL 7; let stand 2 minutes.
4. With spatula, loosen edges of omelet from plate; spoon apples onto half. Fold other half omelet over apples; sprinkle, if desired, with confectioners sugar.

EL RANCHERO EGGS

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: 6 servings

1 can (28 oz.) stewed tomatoes, chopped
6 eggs
¾ cup shredded Monterey jack or Cheddar cheese
3 tablespoons chopped green chilies
1 tablespoon dried onion flakes
⅓ teaspoon garlic powder
Salt and pepper to taste

1. In oblong baking dish, combine tomatoes, chilies, onion, garlic, salt and pepper. Heat, covered, 4½ to 5½ minutes on HIGH, stirring once.
2. Break eggs into tomato mixture (around outside edge); with toothpick, pierce egg yolks twice and egg whites several times.
3. Heat, covered, 4½ to 5½ minutes on POWER LEVEL 7 until eggs are almost set, turning dish once. Sprinkle with cheese; let stand, covered, 5 minutes. If desired, serve over corn bread.

CORNED BEEF HASH AND EGGS

Power Level: 9
7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: 4 servings

1 can (24 oz.) corned beef hash
2 tablespoons catsup
1 tablespoon Worcestershire sauce
½ teaspoon onion powder
⅛ teaspoon pepper
4 eggs

1. In 8-inch round baking dish, combine hash, catsup, Worcestershire, onion powder and pepper. Heat, covered, 3 to 4 minutes on POWER LEVEL 9; stir. Lightly pat mixture into dish and form 4 wells. Into each well, break 1 egg; with toothpick, pierce egg yolk twice and egg white several times.
2. Heat, covered, 3½ to 4½ minutes on POWER LEVEL 7 until eggs are almost set, turning dish once. Let stand, covered, 5 minutes before serving.

HAM AND EGG SCRAMBLE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: about 4 servings

1 cup cut-up cooked ham
2 tablespoons butter or margarine
1 package (3 oz.) cream cheese, softened (see page 167)
⅓ cup milk
5 eggs
Salt and pepper to taste

1. In 9-inch baking dish, heat ham and butter, covered with wax paper, 2 to 3 minutes on HIGH, stirring once.
2. Combine cream cheese and milk; blend in eggs, salt and pepper. Add to ham and heat, covered, 5 to 6 minutes on POWER LEVEL 7 until eggs are almost set, stirring twice. Let stand, covered, 3 minutes before serving.

CHEESES

ONION CHEESE PIE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 8 min.
Yield: about 6 servings

3 eggs
1 cup shredded Swiss cheese
½ cup light cream
3 drops hot pepper sauce
8-inch pastry crust, baked (see page 139)
1 can (3 oz.) french fried onions, chopped
Parsley flakes

1. Combine eggs, cheese, cream and pepper sauce; pour into prepared crust.
2. Top with onions and parsley. Heat 6 to 7½ minutes on POWER LEVEL 7 until center is almost set, gently stirring after 2 minutes. Let stand, covered, 7 minutes before serving.

SPINACH CHEESE RING

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: about 4 servings

2 packages (10 oz. ea.) frozen chopped spinach, cooked and drained (see page 112)
1 cup (½ pt.) cottage cheese
2 eggs
3 tablespoons Parmesan cheese
½ teaspoon caraway seeds
½ teaspoon salt
Dash pepper
¼ cup buttered bread crumbs
¼ teaspoon paprika

1. Thoroughly combine spinach, cottage cheese, eggs, 2 tablespoons parmesan cheese, caraway, salt and pepper.
2. Spoon into 9-inch glass pie plate with small glass inverted in center; heat, covered, 4 to 5 minutes on POWER LEVEL 7 until almost set. Sprinkle bread crumbs blended with remaining cheese and paprika around outside edge.
3. Heat 1 to 1½ minutes on POWER LEVEL 7. Let stand, covered, 5 minutes before serving.

Hint: *To cover pie plate with glass in center, use plastic wrap; make a cut for glass to fit through. This also serves as your vent holes!*

MACARONI AND CHEESE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 13 min
Yield: about 4 servings

1 package (8 oz.) elbow macaroni, cooked and drained (see page 103)
¾ pound pasteurized process cheese spread, cut into cubes
¾ to 1 cup milk
½ to ¾ teaspoon salt
¼ teaspoon onion powder
⅛ teaspoon dry mustard powder (optional)
¼ teaspoon pepper
Buttered bread crumbs

1. In 3-quart casserole dish, combine macaroni, cheese, milk, salt, onion, mustard and pepper. Heat, covered, 9 to 10 minutes on POWER LEVEL 7; stirring twice.
2. Top with bread crumbs and heat, uncovered, 3 minutes on POWER LEVEL 7.

Variations: *Use ½ cup tomato sauce for ¼ cup milk and ⅛ teaspoon oregano for dry mustard.*

SHRIMP FONDUE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 8 min.
Yield: about 4 servings

1 can (10¾ oz.) condensed cream of shrimp soup
1 cup shredded Swiss cheese
¼ cup white wine
½ teaspoon Worcestershire sauce
French bread, cut into 1-inch cubes or bread sticks

1. In 1-quart casserole dish*, combine soup, cheese, wine and Worcestershire.
2. Heat 7 to 8 minutes on POWER LEVEL 7 until cheese is melted, stirring every 2 minutes. Served hot with French bread.

**If desired, a microwave oven safe pottery or ceramic fondue dish can be used.*

SWISS CHEESE FONDUE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: about 6 servings

1 pound Swiss cheese, shredded (about 5 cups)
¼ cup flour
⅛ teaspoon garlic powder
⅛ teaspoon pepper
Dash ground nutmeg
1 cup white wine or apple juice
2 tablespoons Kirsch (optional)
French bread, cut into cubes or bread sticks

1. Toss cheese with flour, garlic, pepper and nutmeg. In 2-quart casserole dish,* heat wine 2 to 2½ minutes on HIGH; gradually add ½ cheese, stirring until smooth.
2. heat 2 to 3 minutes on POWER LEVEL 7; stirring once.
3. Add remaining cheese and Kirsch, stirring until smooth. Heat 2 to 3 minutes on POWER LEVEL 7 until cheese is melted, stirring once. Serve hot with French bread.

**If desired, a microwave oven safe pottery or ceramic fondue dish can be used.*

WELSH RAREBIT

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 8 min.
Yield: about 4 servings

1 pound Cheddar cheese, shredded (about 5 cups)
3 tablespoons flour
⅔ cup beer
½ teaspoon Worcestershire sauce
½ teaspoon dry mustard powder

1. Toss cheese with flour. In 4-cup glass measure, heat beer 1½ to 2 minutes on HIGH until boiling.
2. Gradually add ½ cheese, Worcestershire, and mustard, stirring until smooth. Heat 1½ to 2½ minutes on POWER LEVEL 7, stirring once.
3. Add remaining cheese and heat 2 to 3 minutes on POWER LEVEL 7 until cheese is completely melted, stirring once. Serve, traditionally, over toast points.

HAM CUISINE

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 17 min.
Yield: 2 servings

2 small eggs
1 cup shredded Swiss cheese
¼ teaspoon salt
¼ pound cooked ham, cut into thin strips
½ cup of light cream or half'n half
Dash of cayenne pepper
Dash of pepper
Dash of nutmeg

1. Beat egg, cream, cayenne pepper, nutmeg, salt and pepper in a small bowl until well blended. Stir in ham and cheese.
2. Pour mixture into 8 inch pastry shell and heat on POWER LEVEL 5 for 4 to 6 minutes.
3. Remove cooked edges toward the center and heat an additional 9 to 11 minutes on POWER LEVEL 5 until a knife inserted into the center comes out clean. Let stand 3 to 5 minutes.

Pictured on the following page: Home-Made Gravy, Mornay Sauce, Special Spaghetti Sauce, Brandied Cherry Sauce, Creamy Salad Dressing.

Sauces and Toppings

SAUCES

Cranberry Sauce 85
Bordelaise Sauce 85
Bearnaise Sauce 85
Basic White Sauce 85
Cheese Sauce 85
Curry Sauce 85
Horseradish Sauce 85
Mustard Sauce 85
Hollandaise Sauce 85
Barbecue Sauce 86
Homemade Gravy 86
Creole Sauce 86
Creamy Salad Dressing 86
Newberg Sauce 86
Quick Spaghettie Sauce 86
Mornay Sauce 87
Sweet and Sour Sauce 87
Raisin Sauce 87
Turkey Giblet Gravy 87
Special Spaghetti Sauce 87
Preparing Convenience Sauces 88

TOPPINGS

Caramel Sauce 88
Custard Sauce 88
Brandied Cherry Sauce 88
Hot Fudge Sauce 88
Chocolate Mint Sauce 89
Banana Split Topping 89
Spicy Pineapple Sauce 89
Orange Glaze 89
Melba Sauce 89
Vanilla Sauce 89
Lemon Sauce 89
Orange Liqueur Sauce 90

In the past, preparation of sauces and toppings may have seemed time consuming and difficult. Discourage the tought! This chapter will truly make you the center of attention when you serve the delicious recipes offered. Don't be afraid to venture forth. You'll be surprised how easy it is done with the aid of your microwave oven and your family will be surprised with new taste treats. Fudge sauce, Banana Topping . . . . m m m m . . . . good.

SAUCES

CRANBERRY SAUCE

Power Level: HIGH
Approx. Cooking Time: 10 min.
Yield: about 3½ cups

2 cups sugar
¼ cup water
1 pound fresh cranberries
1 medium orange

1. In large glass bowl, combine sugar and water; heat 3 to 4 minutes on HIGH until sugar is dissolved, stirring once.
2. Add cranberries and heat, covered, 5 to 6 minutes on HIGH until berries are soft. Meanwhile, grate peel from orange and squeeze juice. Add peel and juice to cranberries.
3. Mash berries with masher or stir well to crush; cool slightly. If desired, add additional sugar to taste; chill before serving.

BORDELAISE SAUCE

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: about 1 cup

2 tablespoons finely chopped onion
1 tablespoon butter or margarine
½ cup red wine
1 bay leaf
2 teaspoons cornstarch
½ cup beef broth
1 teaspoon butter
1 teaspoon parsley flakes

1. In 2-cup glass measure heat onion and butter 1 to 1½ minutes on HIGH; add wine and bay leaf. Heat 3½ to 4 minutes on HIGH until mixture is reduced to ⅓ cup.
2. Strain and reserve wine. Into wine, add cornstarch blended with broth and heat 2 to 2½ minutes on HIGH until sauce is thickened, stirring once. Stir in butter and parsley.

Variation: *With broth, add 1 can (2 oz.) sliced mushrooms, drained.*

BEARNAISE SAUCE

Power Level: HIGH
5 (MEDIUM)
Approx. Cooking Time: 4 min.
Yield: about ½ cup

¼ cup finely chopped onion
2 tablespoons wine vinegar
4 egg yolks
¼ cup butter or margarine
1 teaspoon parsley flakes

1. In small glass bowl, heat onion and vinegar 1 to 1½ minutes on HIGH. Stir in egg yolks until well blended.
2. Heat 1 to 1½ minutes on POWER LEVEL 5 until sauce is thickened, stirring twice; stir in butter until melted. Heat ¼ to ½ minute on POWER LEVEL 5, stirring once. Strain and sprinkle with parsley.

BASIC WHITE SAUCE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: about 1 cup

2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon salt (optional)
1 cup milk

1. In small glass bowl, heat butter ½ to ¾ minute on POWER LEVEL 7 until melted; stir in flour and salt.
2. Gradually add milk, stirring until smooth. Heat 5 to 6 minutes on POWER LEVEL 7 until sauce is thickened, stirring occasionally.

Variations:
For CHEESE Sauce, *stir in ½ to ¾ cup shredded cheese. Heat 1 minute on POWER LEVEL 7, if necessary, to completely melt cheese.*
For CURRY Sauce, *stir in 1 to 2 teaspoons curry powder.*
For HORSERADISH Sauce, *add 1 tablespoon prepared horseradish.*
For MUSTARD Sauce, *add 2 tablespoons prepared mustard and dash Worcestershire sauce.*

HOLLANDAISE SAUCE

Power Level: HIGH
5 (MEDIUM)
Approx Cooking Time: 5 min.
Yield: about 1½ cups

3 tablespoons butter or margarine
2 tablespoons flour
1 cup hot water
1 to 2 tablespoons lemon juice
2 egg yolks
Salt and pepper to taste

1. In small glass bowl, heat butter ¾ to 1 minute on HIGH until melted; stir in flour; gradually add water and lemon juice. Heat 1½ to 2 minutes on HIGH until sauce is slightly thickened, stirring once. Quickly add egg yolks, stirring constantly with wire whip.
2. Heat 1½ to 2 minutes on POWER LEVEL 5 until sauce is thickened, stirring once. Season with salt and pepper.

BARBECUE SAUCE

Power Level: HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 15 min.
Yield: about 2 cups

1 cup chili sauce
¾ cup water
¼ cup lemon juice
1 envelope (1⅜ oz.) onion soup mix
½ cup brown sugar
1 teaspoon dry mustard
⅛ teaspoon garlic powder

1. In medium glass bowl, combine all ingredients; heat 5 minutes on HIGH, stirring once.
2. Continue cooking on POWER LEVEL 5 an additional 8 to 10 minutes until sauce is slightly thickened, stirring twice. Use as a basting sauce on chicken, ribs, hamburgers, etc.

HOMEMADE GRAVY

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 1 cup

1 to 2 tablespoons butter or margarine
2 tablespoons flour
Salt and pepper to taste
Few Drops browning sauce (optional)
1 cup roast drippings*

1. In small glass bowl, heat butter ½ to ¾ minute on HIGH until melted; stir in flour, salt, pepper and browning sauce.
2. Gradually add drippings, stirring until smooth; heat 2½ to 3½ minutes on HIGH until gravy in thickened, stirring twice.

** If necessary, add broth, milk or water to roast drippings to equal 1 cup. If using milk, cooking on POWER LEVEL 7 for 3 to 4 minutes.*

CREOLE SAUCE

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 10 min.
Yield: about 2½ cups

¼ cup finely chopped onion
¼ cup finely chopped green pepper
¼ cup thinly sliced celery
2 tablespoons butter or margarine
1 teaspoon finely chopped garlic
¼ to ½ teaspoon chili powder
1 can (15 oz.) tomato sauce

1. In medium glass bowl, combine onion, green pepper, celery, butter, garlic and chili powder; heat, covered, 2 to 3 minutes on HIGH. Stir in tomato sauce; heat, covered, 1½ to 2 minutes on HIGH
2. Continue cooking on POWER LEVEL 5 an additional 4 to 5 minutes, stirring once.

CREAMY SALAD DRESSING

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 5 min.
Yield: about 1 cup

½ cup water
⅓ cup vinegar
¼ to ⅓ cup sugar
1 egg
1 tablespoon flour
1 teaspoon salt
½ teaspoon dry mustard
1 tablespoon butter or margarine

1. In medium glass bowl, with wire whip or rotary beater, thoroughly combine water, vinegar, sugar, egg, flour, salt and mustard. Heat 4 to 5 minutes on POWER LEVEL 7 until mixture is thickened, stirring twice; stir in butter.
2. Use in place of mayonnaise when making coleslaw or potato salad.

NEWBURG SAUCE

Power Level: 7 (MEDIUM-HIGH)
5 (MEDIUM)
Approx. Cooking Time: 8 min.
Yield: about 2½ cups

1 cup half 'n half or light cream
1 cup milk
3 to 4 tablespoons sherry
3 tablespoons flour
3 egg yolks
Salt and pepper to taste

1. In medium glass bowl, combine cream, milk, sherry and flour. Heat 5 to 6 minutes on POWER LEVEL 7 until sauce is slightly thickened, stirring twice. With wire whip, quickly stir in egg yolks; season with salt and pepper.
2. Heat 1½ to 2 minutes on POWER LEVEL 5 until sauce is thickened, stirring twice.

QUICK SPAGHETTI SAUCE

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 10 min.
Yield: about 2½ cups

½ cup finely chopped onion
2 tablespoons oil
2 teaspoons finely chopped garlic
1 teaspoon oregano
⅛ teaspoon basil
2 teaspoons sugar (optional)
2 cans (8 oz. ea.) tomato sauce

1. In medium glass bowl, combine onion, oil, garlic, oregano and basil. Heat, covered, 2 to 2½ minutes on HIGH until onion is tender, stirring once.
2. Stir in remaining ingredients and heat 2 to 2½ minutes on HIGH

3. Continue cooking on POWER LEVEL 5 an additional 4 to 5 minutes, stirring once.

MORNAY SAUCE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 1½ cups

2 tablespoons butter or margarine
2 tablespoons flour
1 cup chicken broth
⅓ cup light cream or milk
¼ cup shredded Swiss cheese
¼ cup greated Parmesan cheese
2 tablespoons parsley flakes

1. In small glass bowl, heat butter ¾ to 1 minute on POWER LEVEL 7 until melted; stir in flour.
2. Gradually add broth and cream, stirring until smooth. Heat 5 to 5½ minutes on POWER LEVEL 7 until sauce is slightly thickened, stirring twice.
3. Stir in cheeses and parsley. Heat 2 to 3 minutes on POWER LEVEL 7 until cheese is almost melted, stirring twice. Let stand 2 minutes for cheese to completely melt.

SWEET AND SOUR SAUCE

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 2 cups

Water
1 can (8¼ oz.) crushed pineapple in heavy syrup, drained (reserve syrup)
¼ cup brown sugar
1 tablespoon soy sauce (optional)
1 tablespoon cornstarch
⅓ to ½ cup cider vinegar

1. In 2-cup glass measure, add enough water to reserved syrup to equal ¾ cup; stir in pineapple, brown sugar and soy sauce. Heat 2 to 2½ minutes on HIGH, stirring once.
2. Stir in cornstarch blended with vinegar; heat 2 to 2½ minutes on HIGH until sauce is slightly thickened, stirring once.

Variation: *Add ½ cup finely chopped green pepper with pineapple.*

RAISIN SAUCE

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 1½ cups

½ cup orange juice
½ cup raisins
⅓ cup currant jelly*
Dash ground allspice
1 tablespoon rum (optional)
1 tablespoon cornstarch
½ cup water

1. In small glass bowl heat orange juice, raisins, jelly and allspice 1½ to 2 minutes on HIGH, stirring once.
2. Add rum and cornstarch blended with water. Heat 2½ to 3 minutes on HIGH until sauce is thickened, stirring occasionally.

***Substitution:** *Use pineapple or apricot preserves for currant jelly.*

TURKEY GIBLET GRAVY

Power Level: HIGH→ 3 (LOW)
HIGH
Approx. Cooking Time: 35 min.
Yield: about 1¼ cups

Turkey giblets
1 rib celery, cut up
1 small onion, quartered
1½ cups water
2 tablespoons flour
½ teaspoon salt
Dash pepper
Few drops browning sauce (optional)

1. Trim giblets and cut into 1-inch pieces. In 4-cup glass measure, combine giblets, celery, onion and water. Heat, covered, 3½ to 4 minutes on HIGH.
2. Continue cooking on POWER LEVEL 3 an additional 22 to 27 minutes until giblets are tender, stirring once; cool. Strain broth and reserve; finely chop giblets
   Into broth, add giblets, flour, pepper and browning sauce.
3. Heat 3 to 3½ minutes on HIGH until gravy is thickened, stirring once.

SPECIAL SPAGHETTI SAUCE

Power Level: HIGH
HIGH→ 3 (LOW)
Approx. Cooking Time: 1 hr.
Yield: 1½ quarts

2 tablespoons oil
¾ cup chopped onion
2 cloves garlic, finely chopped
1 bay leaf, crushed
½ teaspoon salt
¼ teaspoon basil
1 can (28 oz.) whole tomatoes, chopped
1 can (6 oz.) tomato paste
½ cup water
¼ teaspoon oregano

1. In 3-quart glass bowl, heat oil, onion and garlic 1½ to 2 minutes on HIGH. Add remaining ingredients. Heat, covered with wax paper, 6 to 7 minutes on HIGH.
2. Continue cooking on POWER LEVEL 3 an additional 50 to 52 minutes, stirring occasionally.

Variation: *Add ½ pound browned ground beef or sausage, drained with tomatoes.*

PREPARING CONVENIENCE SAUCES

- Use a glass container twice the volume of the sauce.
- Prepare sauce ingredients according to package directions.
- Stir twice during the cooking.

ITEM	POWER LEVEL SETTING	COOK TIME (in min.)
Packaged Sauce and Gravy Mixes (¾ to 1½ oz.)		
prepared with water	HIGH	2½ to 3½
prepared with milk	7 (MEDIUM-HIGH)	3½ to 4½
Sauces from condensed cream-style soups	7 (MEDIUM-HIGH)	5 to 6
Spaghetti Sauce Mix (2 cup yield)	7 (MEDIUM-HIGH)	5 to 6

TOPPINGS

CARAMEL SAUCE

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: 1¼ cups

¼ teaspoon ground cinnamon
1 package (14 oz.) caramels
2 tablespoons rum (optional)
1 tablespoon water

1. In small glass bowl, combine all ingredients.
2. Heat 3 to 4 minutes on HIGH, stirring twice until smooth.

CUSTARD SAUCE

Power Level: 7 (MEDIUM-HIGH)
5 (MEDIUM)
Approx. Cooking Time: 6 min.
Yield: about 2 cups

1½ cups milk
3 tablespoons sugar
2 tablespoons flour
2 egg yolks
1 teaspoon vanilla extract

1. In medium glass bowl, combine milk, sugar and flour; heat 4 to 4½ minutes on POWER LEVEL 7 until sauce is slightly thickened, stirring twice. With wire whip, quickly stir in egg yolks.
2. Heat 1 to 1½ minutes on POWER LEVEL 5 until sauce it thickened, stirring twice; stir in vanilla. Chill slightly before serving.

BRANDIED CHERRY SAUCE

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: about 6 servings

1 can (17 oz.) dark sweet pitted cherries in heavy syrup, drained (reserve syrup)
Water
½ cup sugar
1½ tablespoons cornstarch
¼ cup brandy

1. Reserve ¼ cup syrup. To remaining syrup, add enough water to equal 1¼ cups. In medium glass bowl, combine syrup-water mixture, cherries and sugar; heat 3 to 4 minutes on HIGH, stirring once.
2. Stir in cornstarch blended with reserved syrup and heat 2 to 2½ minutes on HIGH until sauce is thickened, stirring once. Transfer to serving dish.
3. In 1-cup glass measure, heat brandy ½ to ¾ minute on HIGH. Pour over cherries and carefully flame. Serve, as desired, over vanilla ice cream, angel food cake or chocolate souffle

HOT FUDGE SAUCE

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 5 min.
Yield: 1½ cups

1 cup semi-sweet chocolate pieces (6 oz.)
½ cup light corn syrup
¼ cup half'n half or milk
1 tablespoon butter or margarine
1 teaspoon vanilla extract

1. In small glass bowl, heat chocolate and syrup 4 to 4½ minutes on POWER LEVEL 5, stirring once.

2. Gradually add half'n half, stirring until smooth; stir in butter and vanilla.

***Variation:** For CHOCOLATE MINT SAUCE, USE ½ to ¾ teaspoon mint extract for vanilla extract.*

BANANA SPLIT TOPPING

Power Level: HIGH
Approx. Cooking Time: 7 min.
Yield: about 3 cups

2 bananas, cut into 1-inch pieces
1 can (8¼ oz.) chunk pineapple, drained (reserve syrup)
1 can (17 oz.) dark sweet pitted cherries in heavy syrup, drained (reserve syrup)
1½ tablespoons cornstarch
Favorite flavors ice cream

1. Reserve ¼ cup syrup. In medium glass bowl, combine remaining syrups, pineapple and cherries; heat 3 to 4 minutes on HIGH, stirring once.
2. Stir in cornstarch blended with reserved syrup and heat 2 to 2½ minutes on HIGH until sauce is thickened, stirring once.
3. Cool slightly; slice bananas over ice cream and add topping.

SPICY PINEAPPLE SAUCE

Power Level: HIGH
Approx. Cooking Time: 7 min.
Yield: about ¾ cup

1 can (8 oz.) unsweetened pineapple chunks with juice
2 tablespoons butter or margarine
2 tablespoons sugar
1 tablespoon cornstarch
¼ teaspoon cinnamon

1. Combine sugar and cornstarch in a small casserole dish. Gradually add juice from pineapples, stirring constantly. Add pineapple, cinnamon and butter. Stir.
2. Heat for 2½ to 3 minutes on HIGH, uncovered.
3. Stir and continue cooking on HIGH an additional 3 to 4 minutes until sauce has thickened. Stir occasionally. Serve over pork, poultry or as a dessert topping.

ORANGE GLAZE

Power Level: HIGH
Approx. Cooking Time: 1 min.
Yield: about 1 cup

½ cup honey
⅔ cup orange marmalade

1. Combine ingredients in a small glass bowl and heat, uncovered, on HIGH for ½ to 1 minutes until glaze is hot.
2. Use as a glaze on ham or poultry.

MELBA SAUCE

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 2 cups

1 package (10 oz.) frozen raspberries in heavy syrup, thawed*
1 can (8¼ oz.) sliced peaches, drained (reserve syrup)
¼ cup water
1½ tablespoons cornstarch

1. In small glass bowl, combine raspberries, reserved syrup, water and cornstarch. Heat 4 to 4½ minutes on HIGH until sauce is thickened, stirring once.
2. Chill; just before serving, add peaches. Serve, as desired, over pound cake, ice cream or shortcake.

**To thaw frozen fruit in your microwave oven, see Time-Saving Hints, page 167.*

VANILLA SAUCE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: about 1½ cups

1 cup milk
⅓ cup sugar
1½ tablespoons cornstarch
1 tablespoon butter or margarine
1 teaspoon vanilla extract

1. In medium glass bowl, heat ¾ cup milk and sugar 3½ to 4 minutes on POWER LEVEL 7 until sugar is dissolved, stirring once.
2. Stir in cornstarch blended with remaining milk and heat 2 to 2½ minutes on POWER LEVEL 7 until sauce is thickend, stirring once. Stir in butter and vanilla; chill. Serve, as desired, in place of whipped cream—delicious on fresh berries.

LEMON SAUCE

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 1 cup

1 cup water
⅓ cup sugar
1 tablespoon cornstarch
1 tablespoon lemon juice
1 tablespoon butter or margarine
1 drop yellow food coloring

1. In medium glass bowl, heat ¾ cup water and sugar 2 to 2½ minutes on HIGH until sugar is dissolved, stirring once.
2. Stir in cornstarch blended with remaining water and lemon juice; heat 2 to 2½ minutes on HIGH until sauce is thickened, stirring once. Stir in butter and food coloring; cool slightly before serving.

ORANGE LIQUEUR SAUCE

Power Level: HIGH
Approx. Cooking Time: 2 min.
Yield: about 1 cup

½ cup water
¼ cup orange juice
3 to 4 tablespoons sugar
1 tablespoon cornstarch
1 to 2 tablespoons orange flavored liqueur

1. In small glass bowl, combine water, orange juice, sugar and cornstarch. Heat 1½ to 2 minutes on HIGH until sauce is thickened, stirring once; stir in liqueur.
2. Serve, as desired, over rice pudding, chocolate mousse or plain cake.

Pictured on the following page: Beef Stew, Minestrone, French Onion Soup, Creamy Corn Chowder

Soups and Stews

SOUPS

Tips for Preparing Canned Soups 93
Preparing Dry Soup Mix 93
Special Garnishes 93
Chicken Gumbo 93
Ham Chowder 93
Cheesy Vegetable Chowder 94
Creamy Corn Chowder 94
Pawtuckett Clam Chowder 94
Cream of Broccoli Soup 94
Cream of Mushroom Soup 94
Cream of Spinach Soup 94
Cream of Chicken Soup 94
Vegetable Beef Soup 94
Cream of Tomato and Rice Soup 95
Garden Vegetable Soup 95
Beefy Vegetable Soup 95
French Onion Soup 95
Homemade Chicken Soup 95
Old Fashioned Russian Borscht 96
Lentil-Ham Soup 96
Zucchini Soup 96
Minestrone 96
Curry Soup 97
New England Chowder 97
Every Day Supper Soups 97
Cheesy Tomato Soup 97
Creamy Noodle Soup 97
Split Pea Soup 97
Vichyssoise 98

STEWS

Beef Stew 98
German Stew 98
Brunswick Stew 98
Apple Cider Stew 99
Chili Mexicano 99
French Stew 99
Dumplings for Stew 99
Irish Stew 100
Fisherman's Luck 100
Beer Stew 100
Sausage Stew 100

Cold winter days welcome hot soups and stews. Gone are the hours of simmering needed to make full-flavored soups.
From the traditional Beef Stew to the more exotic Apple Cider Stew, cooking time and energy is reduced with the convenience of microwave cooking, allowing you the time to serve your family their cold day favorites. And when using dry soup mixes, preparation time is cut even further. Again, remember to slice meats and vegetables uniformly for even cooking. Are you ready for a taste treat? Proceed on.

SOUPS

TIPS FOR PREPARING CANNED SOUPS

Canned Soups

- Empty contents into casserole dish or soup bowl.
- Dilute according to label directions.
- Heat, covered, stirring once, on POWER LEVEL 9.*
- Let stand, covered, 3 minutes before serving.

**If cooking soup diluted with milk, on POWER LEVEL 7 (MEDIUM-HIGH). Increase cook time by 1 minute.*

SOUP	COOK TIME (in min.) on POWER LEVEL 9
Condensed (10½ to 11½ oz.)	4 to 6
Semi-condensed, single serving (7½ to 7¾ oz.)	2 to 3
Ready-to-heat (19 oz.)	6 to 7
(10¾ oz.)	3 to 4

PREPARING DRY SOUP MIX

- Add soup mix to given amount of water specified by package directions (or add mix to boiling water) in casserole dish or glass bowl.
- Bring to a boil*, on HIGH.
- Heat, covered, 3 to 4 minutes** on POWER LEVEL 5 (MEDIUM), stirring once.
- Let stand, covered, 5 minutes until noodles or vegetables are tender.

**See Heating Liquids Chart, page 156, for time to bring water to a boil.*

***Heat soup mixes with broad noodles 7 to 8 minutes on POWER LEVEL 5.*

SPECIAL GARNISHES

Just before serving, add any one, or even two, or the following:

- chopped hard-cooked egg
- chopped or sliced olives
- corn chips
- crisp, bite-size cereal
- dried chives or dill weed
- french fried onion pieces
- grated cheese
- lemon slices
- popcorn
- seasoned croutons
- sliced frankfurters
- sliced mushrooms
- slivered almonds
- small pretzel rings
- sour cream
- thin strips of cheese

CHICKEN GUMBO

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 34 min.
Yield: about 6 servings

1 pound chicken parts
¾ cup sliced onion
1 tablespoon flour
1 can (16 oz.) stewed tomatoes, chopped
1 package (10 oz.) frozen sliced okra, thawed
1 can (8 oz.) whole kernel corn
2 cups chicken broth
2 teaspoons salt
2 dashes hot pepper sauce
⅛ teaspoon garlic powder
Pepper to taste

1. In 3-quart casserole dish, arrange chicken. Heat, covered, 6 to 8 minutes on HIGH until tender; remove chicken and cool.
2. Into casserole, add onion and heat 3 minutes on HIGH; stir in flour, tomatoes, okra, corn, broth, salt, hot pepper sauce, garlic and pepper. Heat, covered, 5 to 7 minutes, stirring twice on HIGH
3. Continue cooking on POWER LEVEL 7 an additional 8 to 10 minutes; stirring twice.
4. Meanwhile, remove chicken from bones. Add to soup and heat, covered, 4 to 6 minutes on POWER LEVEL 7. Let stand, covered, 5 minutes before serving.

HAM CHOWDER

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 15 min.
Yield: about 6 servings

1 cup cut-up cooked ham (about 6 oz.)
½ cup sliced celery
3 tablespoons butter or margarine
2 cans (10¾ oz. ea.) condensed cream of celery or cream of onion soup
2½ cups milk
1 package (10 oz.) frozen succotash, thawed

1. In 2-quart casserole dish, combine ham, celery and butter; heat, covered, 3 to 4 minutes on HIGH, stirring once.
2. Add remaining ingredients. Heat, covered, 10 to 11 minutes on POWER LEVEL 7 until heated through, stirring twice. Let stand, covered, 5 minutes, before serving.

CHEESY VEGETABLE CHOWDER

Power Level: HIGH→ 5 (MEDIUM)
5 (MEDIUM)
Approx. Cooking Time: 18 min.
Yield: about 4 servings

1 envelope (2 oz.) vegetable soup mix
2 cups water
6 tablespoons flour
2 cups milk
1 to 2 cups shredded Cheddar cheese

1. In 2-quart casserole dish, combine soup mix and water. Heat, covered, 5 to 6 minutes on HIGH.
2. Continue cooking on POWER LEVEL 5 an additional 5 minutes, stirring once.
3. Stir in flour blended with milk and cheese and heat, covered, 5 to 7 minutes on POWER LEVEL 5 until soup is thickened and cheese is melted, stirring once.

CREAMY CORN CHOWDER

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 16 min.
Yield: about 4 servings

1 teaspoon dried chives or dried onion flakes
3 tablespoons butter or margarine
¼ cup finely chopped celery or green pepper
3 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
2 cups milk
1 can (17 oz.) cream-style corn

1. In 2-quart casserole dish, heat butter and celery 2 to 3 minutes on POWER LEVEL 7. Stir in flour, chives, salt and pepper; gradually add milk stirring until smooth. Heat 5½ to 7½ minutes on POWER LEVEL 7 until soup is slightly thickened, stirring twice.
2. Add corn and heat 4 to 5 minutes on POWER LEVEL 7 until heated through, stirring twice. Let stand, covered, 3 minutes before serving.

PAWTUCKETT CLAM CHOWDER

Power Level: HIGH
Approx. Cooking Time: 10 min.
Yield: about 4 servings

1 can (10½ oz.) condensed vegetable soup
1½ cups tomato juice
1 can (7½ oz.) minced clams
Dash thyme

1. In 1-quart casserole dish, combine all ingredients; heat, covered, 8 to 10 minutes on HIGH until heated through, stirring occasionally.
2. Let stand, covered, 3 minutes; serve, if desired, with oysterette crackers.

CREAM OF BROCCOLI SOUP

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 15 min.
Yield: about 4 servings

1 package (10 oz.) frozen chopped broccoli, thawed
6 tablespoons butter or margarine
1 tablespoon finely chopped onion
5 tablespoons flour
1 cup chicken broth
2 cups milk
¾ teaspoon salt
Dash pepper
Dash ground nutmeg (optional)

1. In large glass bowl, heat butter and onion 1½ to 2 minutes on HIGH; blend in flour.
2. Gradually add borth, milk, salt, pepper and nutmeg, stirring until smooth.
   Heat 7 to 9 minutes on POWER LEVEL 7 until soup is slightly thickened, stirring occasionally.
3. Add broccoli and puree in food processor or blender. Return to bowl and heat 3 to 4 minutes on POWER LEVEL 7, stirring once.

Variation:
For Cream of MUSHROOM Soup, *follow above procedure. Substitute 2 cans (4 oz. ea.) sliced mushrooms, drained, for broccoli.*

For Cream SPINACH Soup, *follow above procedure. Substitute 1 package (10 oz.) frozen spinach, thawed, for broccoli.*

For Cream of CHICKEN Soup, *follow above procedure,. With butter and onion, heat ¼ pound chicken meat, diced 2½ to 3 minutes on POWER LEVEL 7, stirring once. Use 2 cups chicken broth and 1 cup milk; omit broccoli*

VEGETABLE BEEF SOUP

Power Level: HIGH
Temp. Setting: 160°F
Approx. Cooking Time: 16 min
Yield: 4 to 5 servings

½ pound ground beef
2½ cups water
½ can (16 oz. size) whole tomatoes, quartered
½ cup potatoes, diced
¼ cup onion, chopped
¼ cup celery, chopped
¼ cup carrots, sliced
¼ cup frozen peas, thawed
¼ cup frozen green beans, thawed
2 tablespoons water
½ tablespoon parsley flakes
½ tablespoon salt
Pepper to taste

1. Crumble beef into a small casserole dish and heat on HIGH for 1½ to 2½ minutes until slightly browned. Stir once. Drain.

2. Combine onion, celery, carrots, potatoes, peas and beans in a medium casserole dish with 2 tablespoons water. Cover and heat on HIGH for 4½ to 6½ minutes until vegetables are tender. Stir once.
3. Stir in 2½ cups water, parsley flakes, tomatoes, salt, pepper and browned beef. Cover and microwave on HIGH.

   TO HEAT BY TEMPERATURE: Insert probe into center of soup and set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set time for 6 to 7 minutes until heated clear through.
4. Serve.

CREAM OF TOMATO AND RICE SOUP

Power Level: HIGH
5 (MEDIUM)
Approx. Cooking Time: 10 min.
Yield: 3 to 4 servings

1 cup pureed tomatoes
½ cup cooked rice
1 small onion, thinly sliced
2 tablespoons butter or margarine
½ small carrots, grated
½ teaspoon salt
4 tablespoons evaporated milk
1 cup of milk
1½ tablespoons all-purpose flour
Dash of pepper

1. Place onion and butter in a medium casserole dish and heat on HIGH for 1 to 2 minutes until onion is tender. Stir once.
2. Add carrot and continue cooking on HIGH an additional ½ to 1 minutes until carrot is tender.
3. Blend in flour and add tomato puree gradually, stirring until smooth. Heat on HIGH for 2 to 3 minutes until thickened.
4. Stir in rice, milk, evaporated milk and seasonings slowly. Change power on POWER LEVEL 5 and heat for 3 to 4 minutes stirring once.

GARDEN VEGETABLE SOUP

Power Level: HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 17 min.
Yield: about 4 servings

2 cups beef broth
1 cup water
1 can (16 oz.) whole tomatoes, chopped
1 medium carrot, shredded (about ¾ cup)
¾ cup thinly sliced celery
¼ cup finely chopped onion
1 bay leaf
1 teaspoon salt
⅛ teaspoon pepper
Dash ground marjoram
Dash thyme

1. In 2-quart casserole dish, combine all ingredients; heat, covered, 6 to 7 minutes on HIGH.
2. Continue cooking on POWER LEVEL 7 an additional 10 minutes until vegetables are tender. Let stand, covered, 3 minutes before serving.

Variation:
For Beefy Vegetable Soup, *add ½ pound browned ground beef with other ingredients.*

FRENCH ONION SOUP

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 28 min.
Yield: about 4 servings

3 cups sliced onions (about 3 medium)
3 tablespoons butter or margarine
3 cups beef broth
1 cup water*
1 teaspoon Worcestershire sauce
Salt and pepper to taste
Croutons
Grated Parmesan cheese

1. In 3-quart casserole dish, heat butter and onions, covered, 7 to 8 minutes on HIGH. Stir in broth, water, Worcestershire, salt and pepper. Heat, covered, 9 to 10 minutes on HIGH.
2. Continue cooking on POWER LEVEL 7 an additional 10 minutes until onions are tender. Let stand, covered, 4 minutes before serving. Serve with croutons and cheese.

***Variation:** *Use ½ cup water and ½ cup white wine.*

HOMEMADE CHICKEN SOUP

Power Level: HIGH→ 5 (MEDIUM)
5 (MEDIUM)
Approx. Cooking Time: 55 min.
Yield: about 8 servings

2 to 2½ pounds chicken parts
3 ribs celery, cut up
2 bay leaves, crushed
1½ to 2 teaspoons peppercorns or pepper to taste
1 onion, sliced
8 cups hot water
2 carrots, shredded (about 1 cup)
1 to 1½ cups fine egg noodles
2 teaspoons salt

1. In 5-quart casserole dish, combine chicken, celery, bay leaves, pepper, onion and water. Heat, covered, 10 minutes on HIGH.
2. Continue cooking on POWER LEVEL 5 an additional 35 to 37 minutes until chicken is tender. Strain broth into 3-quart casserole dish; add carrots, noodles and salt. Heat, covered, 7 to 8 minutes on POWER LEVEL 5. Meanwhile, remove chicken from bone.
3. Add chicken to soup and let stand, covered, 7 to 8 minutes until noodles are tender.

OLD FASHIONED RUSSIAN BORSCHT

Power Level: HIGH
Temp. Setting: 160°F
Approx. Cooking Time: 8 min.
Yield: 2 servings

1 can (16 oz.) diced red beets, drained
1 tablespoon lemon juice
½ teaspoon salt
1 tablespoon instant beef bouillon
2 cup hot water
½ cup onion, finely chopped
2 tablespoon butter or margarine
Dash of Tabasco sauce
Dairy sour cream

1. Combine onion and butter in a medium casserole dish and heat on HIGH for 2 to 3 minutes until onion is tender.
2. Place beets and onion in an electric blender and blend until smooth. Mix beet mixture with water, beef bouillon, salt and Tabasco sauce in original casserole and microwave on HIGH,

   TO HEAT BY TEMPERATURE: Intert probe into center of casserole and set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set time for 4 to 5 minutes.
3. Stir in lemon juice and serve in individual serving bowls, add sour cream as desired.

LENTIL-HAM SOUP

Power Level: HIGH
Approx. Cooking Time: 21 min.
Yield: 4 to 5 servings

¾ cup lentils
1 cup cooked ham, diced
½ teaspoon browning sauce
1½ quarts of water
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon oregano
¼ cup onion, chopped
¼ cup carrot, thinly sliced
¼ cup celery, thinly sliced
1 tablespoon parsley flakes
½ cup potatoes, peeled and diced

1. Soak lentils in a ½ quart of water overnight in refrigerator. Drain and combine all ingredients, including lentils, in a medium casserole dish
2. Cover and heat on HIGH for 19 to 21 minutes until vegetables are tender. Stir once

Hint: *If thickening is desired, add 2 tablespoons of flour to ½ cup of the soup broth, stirring until smooth, and add to the soup. Cover and heat on HIGH an additional 2 to 3 minutes until broth is boiling.*

ZUCCHINI SOUP

Power Level: HIGH
Temp. Setting: 160°F
Approx. Cooking Time: 12 min.
Yield: 2 servings

1 small zucchini with ends trimmed and cut into 1-inch chunks (about 1½ cups)
⅓ cup condensed consommé
¾ cup water
1 slice bacon, cooked crisp and crumbled
2 tablespoons onion, chopped
¼ teaspoon seasoned salt
¼ teaspoon salt
¼ teaspoon basil
¼ teaspoon garlic powder
1 tablespoon fresh parsley, chopped
Pepper to taste
Parmesan cheese, grated

1. Combine all ingredients, except Parmesan cheese in a small casserole dish. Cover and heat on HIGH for 7 to 9 minutes until zucchini is tender. Stir once. Cool to room temperature.
2. Process soup in an electric blender until smooth. Return to casserole and microwave on HIGH,

   TO HEAT BY TEMPERATURE: Insert probe into center of casserole and set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set time for 2 to 3 minutes.
3. Serve in individual soup bowls, sprinkling the top with greated Parmesan cheese, if desired.

MINESTRONE

Power Level: HIGH
5 (MEDIUM)
Approx. Cooking Time: 25 min.
Yield: about 4 servings

2 tablespoons butter or margarine
½ cup thinly sliced carrots
½ cup chopped onion
2 cups chicken broth
1 can (16 oz.) stewed tomatoes, chopped
1 cup shredded cabbage or zucchini
1 teaspoon basil
1 teaspoon parsley flakes
1 teaspoon salt
1 can (16 oz.) kidney beans, drained
¼ to ⅓ cup broken spaghetti (about 2-inch pieces)

1. In 3-quart casserole dish, heat butter, carrots and onions, covered, 5 to 6 minutes on HIGH.
2. Add broth, tomatoes, cabbage, basil, parsley and salt. Heat, covered, 7 to 8 minutes on HIGH, stirring once.
3. Add kidney beans and spaghetti and heat, covered, 9 to 11 minutes on POWER LEVEL 5 until vegetables are tender, stirring once. Let stand, covered, 10 minutes until spaghetti is tender, before serving.

CURRY SOUP

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 13 min.
Yield: about 6 servings

1 can (11 oz.) condensed tomato bisque soup
1 can (10¾ oz.) condensed cream of chicken soup
¼ cup flaked coconut or unsalted peanuts
1 to 2 teaspoons curry powder
3 cups milk
½ cup chopped apple*

1. In 2-quart casserole dish, combine all ingredients.
2. Heat, covered, 12 to 13 minutes on POWER LEVEL 7 until heated through, stirring once. Let stand, covered, 3 minutes before serving.

***Variation:** *Use 2 tablespoons sliced green onion for apple.*

NEW ENGLAND CHOWDER

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 20 min.
Yield: about 4 servings

4 slices bacon
¼ cup finely chopped onion
2 tablespoons flour
Milk
1 can (7½ oz.) minced clams, drained (reserve liquid)
2 small potatoes (about 4 oz. ea.), partially baked*, peeled and diced
1 teaspoon salt
⅛ teaspoon thyme
Dash pepper

1. In 3-quart casserole dish, arrange bacon; heat, covered with paper towel, 3 to 4 minutes on HIGH.
2. Remove and crumble. Into bacon drippings, add onion and heat 2 minutes on HIGH; stir in flour.
3. Add enough milk to reserve liquid to equal 2½ cups; gradually stir into dish. Add potatoes, salt, thyme and pepper. Heat, covered, 3 to 4 minutes, stirring once, on HIGH
4. Continue cooking on POWER LEVEL 5 an additional 5 minutes; stir in clams. Heat, covered, 5 minutes on POWER LEVEL 5. Let stand, covered, 3 minutes; top with bacon.

**To partially bake potatoes, follow basic information for baking potatoes (page 114) except reduce cooking time to 3 to 4 minutes on HIGH. Let stand 5 minutes before peeling.*

EVERYDAY SUPPER SOUPS

Power Level: 9
Approx. Cooking Time: 11 min.
Yield: about 6 servings each

Cheesy Tomato Soup:

1 can (11 oz.) condensed Cheddar cheese soup
1 can (10¾ oz.) condensed tomato soup
2 cans water
¼ teaspoon basil

1. In large glass bowl, combine all ingredients; heat 9 to 11 minutes on POWER LEVEL 9 until heated through, stirring occasionally. Let stand, covered, 3 minutes before serving.
2. Garnish, if desired, with seasoned croutons or small pretzel rings.

Creamy Noodle Soup:

1 can (10¾ oz.) condensed turkey noodle soup
1 can (10¾ oz.) condensed cream of mushroom soup
1½ cans water
⅛ teaspoon sage

1. Follow above procedure for Cheesy Tomato Soup.
2. Garnish, if desired, with toasted slivered almonds.

SPLIT PEA SOUP

Power Level: HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 1 hr.
Yield: about 6 servings

6 cups hot water
1 package (16 oz.) dried split peas
½ pound bacon, diced*
1 cup chopped celery
½ cup chopped onion
½ cup sliced carrots
1 teaspoon salt
⅛ teaspoon thyme or basil (optional)

1. In 4-quart casserole dish, combine all ingredients; heat, covered, 8 to 9 minutes on HIGH.
2. Continue cooking on POWER LEVEL 5 an additional 45 to 50 minutes until peas are tender, stirring occasionally.
3. Put mixture through food mill or puree in food processor or blender. Reheat, adding additional water, if necessary.

***Substitution:** *Use ham bone in place of bacon. Before putting soup through food mill, remove bone from soup and cut off any ham; blend into soup before reheating.*

VICHYSSOISE

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 17 min.
Yield: about 4 servings

3 tablespoons butter or margarine
3 medium leeks, white part sliced
1½ cups chicken broth
¾ teaspoon salt
⅛ teaspoon pepper
2 medium potatoes, baked (see page 114)
1½ cups milk
½ cup whipping or heavy cream
1 tablespoon sherry (optional)

1. In 2-quart casserole dish, heat butter and leeks 3 to 4 minutes on HIGH: stir in broth, salt and pepper. Heat, covered, 3 to 4 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 5 minutes. Meanwhile, peel and dice potatoes. With electric mixer, blender or food processor, puree potatoes, broth mixture and milk.
3. Return to dish and heat, covered, 3 to 4 minutes on POWER LEVEL 7; stir in cream and sherry. Chill thoroughly and garnish, if desired, with chopped chives before serving.

Note: *This soup is also delicious piping hot!*

STEWS

BEEF STEW

Power Level: HIGH→ 3 (LOW)
3 (LOW)
Approx. Cooking Time: 1⅙ hrs.
Yield: about 8 servings

2 pounds beef cubes, cut into 1-inch pieces
2 cups water
1 envelope (1⅜ oz.) onion soup mix
1 bay leaf
4 medium carrots, thinly sliced
1 can (8 oz.) green peas, drained
2 baking potatoes (about 8 oz. ea.) partially baked*, peeled and cubed
¼ cup flour

1. In 4-quart casserole dish, combine beef, 1½ cups water, soup mix, bay leaf and carrot. Heat, covered, 7 to 8 minutes on HIGH
2. Continue cooking on POWER LEVEL 3 an additional 50 to 52 minutes until beef and carrots are tender, stirring occasionally.
3. Add peas, potatoes and flour blended with remaining water. Heat 6 to 8 minutes on POWER LEVEL 3 until stew is thickened, stirring occasionally

***Hint:** *To partially bake potatoes, follow basic information for baking potatoes (page 114). Reduce cooking time to 3 to 4 minutes on HIGH. Let stand 5 minutes before peeling.*

GERMAN STEW

Power Level: HIGH→ 3 (LOW)
3 (LOW)
HIGH
Approx. Cooking Time: 1 hr.
Yield: about 6 servings

1½ pounds beef cubes, cut into strips
2 cups water
2 medium onions, sliced
¼ cup cider vinegar
1 tablespoon sugar
1 bay leaf
1 teaspoon salt
½ teaspoon caraway seeds
1 small head (about 1 lb.) red cabbage, shredded*
¼ cup flour

1. In 4-quart casserole dish, combine beef, 1½ cups water, onions, vinegar, sugar, bay leaf, salt and caraway. Heat, covered, 6 to 7 minutes on HIGH
2. Continue cooking on POWER LEVEL 3 an additional 27 to 31 minutes, stirring occasionally.
3. Add red cabbage and heat, covered, 17 to 22 minutes until beef and cabbage are tender, stirring occasionally.
4. Stir in flour blended with remaining water and heat 4 to 5 minutes on HIGH until stew in thickened, stirring once.

***Substitution:** *Use 1 jar (16 oz.) red cabbage, drained for fresh red cabbage.*

BRUNSWICK STEW

Power Level: HIGH→ 7 (MEDIUM)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 42 min.
Yield: about 4 servings

2½ to 3 pound chicken, cut into serving pieces
2 cups water
5 whole peppercorns
2 bay leaves, crushed
1 can (16 oz.) whole tomatoes, chopped
1 medium onion, thinly sliced
1 package (10 oz.) frozen succotash, thawed
1 package (10 oz.) frozen sliced okra, thawed
2 teaspoons salt

1. In 3-quart casserole dish, combine chicken, water, peppercorns and bay leaves. Heat, covered, 6 to 7 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 12 to 15 minutes until chicken is tender.
3. Strain broth and return broth to dish; add tomatoes, onion, succotash, okra and salt. Heat, covered, 12 to 15 minutes on POWER LEVEL 7 stirring once.
4. Meanwhile, remove chicken from bone. Add to stew and heat, covered, 3 to 5 minutes on POWER LEVEL 7.

Hint: *To quickly thaw packaged frozen vegetables, see page 166.*

APPLE CIDER STEW

Power Level: HIGH
HIGH→ 3 (LOW)
3 (LOW)
HIGH
Approx. Cooking Time: 1½ hrs.
Yield: about 8 servings

2 pounds beef cubes, cut into 1-inch pieces
½ small turnip, diced (about 3 cups)
½ pound fresh green beans, cut into 1½-inch pieces*
¼ cup water
2 tablespoons oil
1 cup sliced onion
2 cups apple cider
2 tablespoons catsup
2 teaspoons salt
1 bay leaf
¼ teaspoon pepper
⅛ teaspoon thyme
¼ cup flour

1. In medium glass bowl, combine turnips, beans and water; heat, covered, 8 to 9 minutes on HIGH, stirring once. Drain; reserve vegetables.
2. In 3-quarter casserole dish, heat oil and onion 3 to 4 minutes on HIGH until onion is tender.
3. Add beef, 1½ cups cider, catsup, salt, bay leaf, pepper and thyme; heat, covered, 5 to 6 minutes on HIGH
4. Continue cooking on POWER LEVEL 3 an additional 52 minutes, stirring occasionally.
5. Add reserved vegetables and heat, covered, 15 minutes, until beef and vegetables are tender on POWER LEVEL 3. Stir in flour blended with remaining cider.
6. Heat 3 to 4 minutes on HIGH until stew is slightly thickened, stirring once.

***Substitutions:** *Use 1 can (16 oz.) sliced potatoes, drained and 1 can (16 oz.) sliced green beans, drained, do not pre-cook; add to stew as directed omitting water.*

CHILI MEXICANO

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 54 min.
Yield: about 4 servings

1 pound ground beef
2 medium onions, chopped
¼ teaspoon dried garlic pieces
1 can (16 oz.) pinto or red kidney beans
1 can (15 oz.) stewed tomatoes, chopped
1 can (15 oz.) tomato sauce
1 teaspoon salt
2 to 3 tablespoons chili powder

1. In 3-quart casserole dish, crumble ground beef; stir in onion and garlic. Heat 6 to 7 minutes on HIGH, stirring once; drain.
2. Stir in remaining ingredients. Heat, covered, 6 to 7 minutes on HIGH.
3. Continue cooking on POWER LEVEL 5 an additional 35 to 40 minutes, stirring occasionally.

FRENCH STEW

Power Level: HIGH
HIGH→ 3 (LOW)
HIGH
Approx. Cooking Time: 1 hr.
Yield: about 8 servings

1 small eggplant (about ¾ lb.)
2 pounds boneless lamb, cut into 1-inch cubes
1 can (28 oz.) whole tomatoes, chopped
½ cup white wine
2 cloves garlic, finely chopped
2 tablespoons lemon juice
1½ to 2 tablespoons sugar
1 teaspoon salt
¼ teaspoon oregano
1 medium green pepper, chopped
¼ cup flour
½ cup water

1. Pierce eggplant several times; heat on paper towel lined glass oven tray 3 to 4 minutes on HIGH until eggplant is tender. Let stand 5 minutes; chop.
2. In 3-quart casserole dish, combine eggplant, lamb, tomatoes, wine, garlic, lemon juice, sugar, salt, oregano and green pepper. Heat, covered, 7 to 8 minutes on HIGH.
3. Continue cooking on POWER LEVEL 3 an additional 34 to 39 minutes until lamb is tender, stirring occasionally.
4. Stir in flour blended with water; heat 3 to 4 minutes on HIGH until stew is thickened, stirring once.

DUMPLINGS FOR STEW

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: 4 to 6 serivings

2 cups buttermilk biscuit mix
⅔ cup milk
4 to 6 servings cooked stew

1. Bring stew ingredients to a boil (make sure meat, vegetables, etc. are already tender).
2. Combine biscuit mix and milk until smooth; drop by tablespoonsful around edge of stew, forming about 10 dumplings. Heat, covered, 4½ to 6 minutes on HIGH until dumplings are cooked.

IRISH STEW

Power Level: HIGH→ 3 (LOW)
3 (LOW)
HIGH
Approx. Cooking Time: 1⅙ hrs.
Yield: about 8 servings

2 pounds lamb cubes, cut into 1-inch pieces
2 cups water
1 envelope (1 oz.) onion-mushroom mix
1 bay leaf
2 medium carrots, thinly sliced*
2 potatoes (about 6 oz. ea.), baked (see page 114)
¼ cup flour

1. In 4-quart casserole dish, combine lamb, 1¼ cups water, onion-mushroom mix and bay leaf. Heat, covered, 7 to 8 minutes on HIGH
2. Continue cooking on POWER LEVEL 3 an additional 34 to 39 minutes, stirring occasionally.
3. Add carrots and heat, covered on POWER LEVEL 3 for 13 to 17 minutes until lamb and vegetables and tender, stirring once.
4. Meanwhile, peel and cube potatoes; add to stew with flour blended with remaining water. Heat 4 to 5 minutes on HIGH until stew is thickened, stirring twice.

***Substitution:** *Use 1 package (10 oz.) frozen peas and carrots for fresh carrots.*

FISHERMAN'S LUCK

Power Level: HIGH→ 7 (MEDIUM-HIGH)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 25 min.
Yield: about 4 servings

1 can (28 oz.) whole tomatoes, chopped
1 cup chicken broth
½ cup thinly sliced celery
½ cup sliced onion
1 tablespoon sugar (optional)
½ teaspoon finely chopped garlic
1 teaspoon parsley flakes
1 teaspoon salt
Dash thyme
1 pound fish fillets, chopped*
¼ cup white wine (optional)

1. In 3-quart casserole dish, combine tomatoes, broth, celery, onion, sugar, garlic parsley, salt and thyme. Heat, covered, 5 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 9 to 10 minutes, stirring once.
3. Add fish and wine and heat, covered, 10 minutes on POWER LEVEL 7 until fish is tender, stirring once.

***Variation:** *Use a combination of your favorite fish*

BEER STEW

Power Level: HIGH→ 3(LOW)
3 (LOW)
Approx. Cooking Time: 1 hr.
Yield: about 6 servings

1½ pounds beef, cut into 1-inch pieces
1 cup beef broth
½ cup beer
1 tablespoon brown sugar
1½ teaspoons salt
½ teaspoon pepper
½ teaspoon caraway seeds
1 cup sliced onions (about 3 small)
1 package (10 oz.) frozen green peas
3 tablespoons flour
¼ cup water
1 regular size (10″ × 16″) cooking bag

1. Place cooking bag in 2-quart casserole dish. Comgine beef, broth, beer, sugar, salt, pepper and caraway in bag, turning bag several times to mix. Pull bag up around beef and close (3-in. from top) with twist tie, wrapping ends around closure; make six half-inch slits in top of bag. Heat 5 to 7 minutes on HIGH
2. Continue cooking on POWER LEVEL 3 an additional 17 to 21 minutes. Add onions and peas; reclose. Heat an additional 27 minutes on POWER LEVEL 3 until beef and vegetables are tender. Carefully open bag and turn down sides.
3. Stir in flour blended with water* and heat 2 to 2½ minutes on POWER LEVEL 3 until slightly thickened.

**If desired, add ½ teaspoon browning sauce*

SAUSAGE STEW

Power Level: HIGH
HIGH→ 3 (LOW)
Approx. Cooking Time: 1 hr.
Yield: about 6 servings

1 pound Italian sausage links, cut into 1½-inch pieces
1 pound boneless pork, cut into 1½-inch cubes
1 can (28 oz.) whole tomatoes, chopped
1 can (8 oz.) tomato sauce
1 green pepper, cut into chunks
1 teaspoon basil
1 teaspoon oregano
½ teaspoon garlic powder

1. In 3-quart casserole dish, heat sausage 5 to 6 minutes on HIGH, stirring once; drain.
2. Add remaining ingredients and heat, covered, 5 to 6 minutes on HIGH
3. Continue cooking on POWER LEVEL 3 an additional 50 to 52 minutes until pork is tender, stirring occasionally. Serve, if desired, with rice or pasta.

Pictured on the following page: Spanish Rice, Macaroni and Cheese Dinner, Citrus Style Noodles, Brown Rice

Pastas, Grains and Cereals

PASTAS

Preparing Pasta 103
Flavored Rice Mix with Vermicelli 103
Macaroni and Cheese Dinner 103
Citrus Style Noodles 103
Parmesan Noodles 104
Swiss Noodle Bake 104
Noodle Pudding 104
Meatless Macaroni 104
Homemade Pasta 105

RICE AND GRAINS

Preparing Rice and Other Grains 105
Chuckwagon Special 106
Rice Delight 106
Spanish Rice 106
Barley Mushroom Casserole 106
Nicer Rice 106

CEREALS

Granola Cereal 107
Spicy Oatmeal 107
Preparing Hot Cereals 107
Granola Snack 107

This chapter presents new way to enjoy rice breakfast cereals and many other grain foods. No more hurry-scurry at breakfast time with big clean-up afterwards. Many of the dishes used for cooking may also be used for serving. Imagine tender rice dishes without stickly pot and pans to clean. Just follow the simple charts.

PASTAS

PREPARING PASTA

- Cover and heat hot water to a boil on HIGH.
- Add pasta and 1 teaspoon salt (½ tablspoon oil optional).
- Heat, uncovered, on HIGH, stirring twice.
- Test pasta for desired doneness before adding more cooking time.
- Slightly undercook pasta that will be heated again in casseroles.
- Stir and let stand, covered, 3 minutes.
- Drain and rinse before serving.

ITEM	CONTAINER	AMT. of HOT WATER	WATER BOILING TIME (in min.) on HIGH	PASTA COOK TIME (in min.) on HIGH
Egg Noodles medium width (8 oz.)	3-qt. casserole dish	1½ quart	7 to 8	5 to 6
Elbow Macaroni (8 oz.)	3-qt. casserole dish	1½ quart	7 to 8	7 to 8
Lasagne Noodles (8 oz.)	oblong baking dish*	1½ quart	7 to 8	13 to 15
Spaghetti (8 oz.-broken)	3-qt. casserole dish	2quarts	8 to 9	7 to 8
Specialty Noodles bows, shells etc. (8 oz.)	3-qt. casserole dish	1½ quart	7 to 8	10½ to 11

**Heat water for lasagne in 2-qt. glass bowl. Pour over noodles in oblong baking dish.*

CONVENIENCE MIXES can easily be prepared, also. Here are directions for two popular ones.

FLAVORED RICE MIX WITH VERMICELLI (8 oz.)

1. In 2-quart casserole dish, heat 2 tablespoons butter 1 minute on HIGH until melted; stir in rice and vermicelli. Heat 2 to 3 minutes on HIGH, stirring once.
2. Add flavor packet and 2¾ cups hot water. Heat, covered, 3 to 4 minutes on HIGH. Until boiling.
3. Heat, covered, 11 to 13 minutes on POWER LEVEL 5 until rice is tender. Let stand, 5 minutes.

MACARONI AND CHEESE DINNER (7¼ oz.)

1. In 3-quart casserole dish, heat, covered, 6 cups hot water 5 to 6 minutes on HIGH until boiling.
2. Add macaroni and heat 5 to 6 minutes on HIGH, stirring once. Let stand, covered, 3 minutes, then drain.
3. Meanwhile, in serving dish, heat ¼ cup butter, ¼ cup milk and cheese 1½ to 2¼ minutes on HIGH, stirring once. Toss with drained macaroni.

CITRUS STYLE NOODLES

Power Level: HIGH
Approx. Cooking Time: 16 min.
Yield: about 4 servings

1 package (8 oz.) medium egg noodles
½ cup almonds
¼ cup butter or margarine
1 tablespoon poppy seeds
½ tablespoon grated lemon peel
½ tablespoon grated orange peel
½ teaspoon salt
⅛ teaspoon pepper
1 cup sour cream

1. Cook noodles on HIGH, according to chart this page.
2. While noodles are standing, in glass serving bowl, heat almonds and butter 1 to 1½ minutes on HIGH until butter is melted.
3. Stir in drained noodles, poppy seeds, lemon and orange peel, salt and pepper, toss well. Serve with sour cream.

PARMESAN NOODLES

Power Level: HIGH
Approx. Cooking Time: 17 min.
Yield: about 4 side-dish servings

1 package (8 oz.) medium egg noodles
1 cup grated Parmesan cheese
½ cup butter or margarine, cut into quarters
½ cup whipping or heavy cream
Pepper to taste

1. Cook noodles on HIGH, according to chart, page 103.
2. While noodles are standing, in glass serving bowl, heat cheese, butter and cream 2½ to 3 minutes on HIGH until butter is melted, stirring twice.
3. Stir in drained noodles; toss well. Season with pepper.

SWISS NOODLE BAKE

Power Level: HIGH
9
Approx. Cooking Time: 26 min.
Yield: about 6 servings

1 package (8 oz.) medium egg noodles
4 slices bacon, diced
¼ cup chopped onion
1¼ cup shredded Swiss cheese
1 egg, beaten
2 tablespoons milk
½ teaspoon salt
¼ teaspoon ground nutmeg
Pepper to taste
Buttered bread crumbs
⅛ teaspoon paprika

1. Cook noodles according to chart, page 103
   In 2-quart casserole dish, heat bacon and onion 4 to 5 minutes on HIGH until bacon is crisp, stirring once; drain.
2. Stir in drained noodles, cheese, egg, milk, salt, nutmeg and pepper.
   Heat, covered, 4 to 5 minutes on POWER LEVEL 9.
3. Top with bread crumbs blended with paprika and heat 2 minutes on POWER LEVEL 9 until heated through.

NOODLE PUDDING

Power Level: HIGH
Approx. Cooking Time: 34 min.
Yield: about 8 servings

1 package (8 oz.) medium egg noodles
½ cup butter or margarine
4 eggs, beaten
1 cup cottage cheese
1 cup sour cream
¾ cup raisins
½ cup sugar
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg

1. Cook noodles on HIGH, according to chart, page 103.
2. In round baking dish, heat butter 1 minute on HIGH until melted. In large bowl, combine butter, remaining ingredients and drained noodles; pour into same round baking dish.
3. Sprinkle, if desired, with additional cinnamon. Heat 17 to 18½ minutes on HIGH until pudding is set. Let stand, covered with wax paper. Serve warm or chilled.

MEATLESS MACARONI

Power Level: HIGH
7 (MEDIUM-HIGH)
HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 35 min.
Yield: about 4 servings

½ package (7 oz. size) shell macaroni
1 can (16 oz.) red kidney beans*
1½ tablespoons olive oil
1 small onion, sliced
1 cup sliced carrot
½ cup chopped celery
1 small clove garlic, crushed
1 cup peeled tomatoes, diced
¼ teaspoon sage*
¼ teaspoon oregano*
Pepper*
Ground Basil
Dash of thyme
Dash of Rosemary
Salt and pepper to taste
Parmesan cheese
Water

1. Boil 1½ cups water in a medium glass bowl on HIGH for 4 to 4½ minutes. Place macaroni shells in boiling water, cover with wax paper and heat for ½ to 1 minutes on HIGH. Let stand 3 to 5 minutes Drain and set aside.
2. Heat oil in a medium casserole dish on HIGH for 1 to 1½ minutes. Add celery, garlic, onion and carrots. Heat for 5 to 6 minutes on HIGH until vegetables are tender. Stir once
3. Add tomatoes and seasoning, cover and heat on POWER LEVEL 7 for 3 to 4 minutes. Stir once
4. Add macaroni shells and kidney beans, cover, heat for 6 to 8 minutes on HIGH
5. Continue cooking on POWER LEVEL 7 an additional 8 to 10 minutes, stirring occasionally. Season with salt and pepper and sprinkle with Parmesan cheese

***Substitution:** *Use ¼ teaspoon of chili powder for sage and ¼ teaspoon cumin for oregano. Use pinto beans or chili beans for kidney beans and use red pepper in place of black pepper for a distinctive Mexican flavor.*

HOMEMADE PASTA

Power Level: 3 (LOW)
Approx. Cooking Time: 14 min. (to dry)
Yield: about 3 cups (cooked)

1 egg
2 tablespoon milk
½ teaspoon salt
1 cup flour

1. Combine egg, milk and salt; gradually add flour, stirring until smooth after each addition of flour to form a soft dough.
   On floured surface, knead dough until smooth, about 30 times. Roll dough very thin; roll up loosely in jelly-roll fashion.
2. Slice dough ¼-inch thick. Unroll each slice and arrange on wax paper lined glass oven tray. (Cut noodles to fit tray if necessary).
   Heat 12 to 14 minutes on POWER LEVEL 3 until noodles are dry.

To Prepare for Eating: *In 3-quart casserole dish, add noodles to 6 cups boiling salted water. Heat 9½ to 11½ minutes on POWER LEVEL 3 until noodles are tender; let stand, 3 minutes before draining to serve.*

RICE AND GRAINS

PREPARING RICE AND OTHER GRAINS

- Cover and heat hot water to a boil on HIGH.*
- Add grain, salt and butter (amounts of salt and butter as package directs).
- Heat, covered, on POWER LEVEL 5 (MEDIUM).
- Let stand, covered, before serving.

Notes: For instant (no cook) products, *using package directions, bring hot water to a boil. (See Heating Liquids chart page 156). Stir in product; let stand, covered.*

***For program cooking,** add rice or grain to hot water. Program oven on HIGH, then on POWER LEVEL 5 (MEDIUM).*

ITEM	CONTAINER	AMT. of HOT WATER	WATER BOILING TIME (in min.) on HIGH	GRAIN COOK TIME (in min.) on POWER LEVEL 5 (MEDIUM)	STANDING TIME (in min.)
RICE					
Brown (1 cup)	2-qt. casserole dish	3 cups	5 to 6	30 to 33	25
Flavored Rice Mix (6 oz.)	1-qt. casserole dish	as package directs	4 to 5	20	10
Long Grain (1 cup)	2-qt. casserole dish	2 cups	4 to 5	13½ to 16½	10
Long Grain & Wild Rice Mix (6 oz.)	2-qt. casserole dish	2½ cups	4½ to 5	23 to 25	
Quick Rice (1 cup)	1-qt. casserole dish	1 cup	2 to 3	5	
Short Grain (1 cup)	2-qt. casserole dish	2 cups	4 to 5	10 to 12	10
BARLEY					
Quick Cook (1 cup)	2-qt. Casserole dish	3 cups	5 to 6	5½ to 6½	3 (then drain)
GRITS (⅔ cup)	3-qt. casserole dish	3⅓ cups	5 to 6	10	10

CHUCKWAGON SPECIAL

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Coking Time: 24 min.
Yield: about 6 servings

4 slices bacon, diced
1 medium onion, chopped
2½ cups hot water
1½ cups cooked black-eyed peas
1 cup long grain rice
1 teaspoon salt
¼ teaspoon pepper
Dash hot pepper sauce (optional)

1. In 2½-quart casserole dish, heat bacon and onion 4 to 5 minutes on HIGH until bacon is crisp, stirring once.
2. Stir in remaining ingredients. Heat, covered, 5 to 6 minutes on HIGH until liquid boils.
3. Continue cooking on POWER LEVEL 5 an additional 11 to 13 minutes until rice is tender, stirring once. Let stand, covered, 5 minutes before serving.

RICE DELIGHT

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 23 min.
Yield: about 6 servings

1 cup long grain rice
¼ cup butter or margarine
2¼ cups chicken broth
¼ cup raisins (optional)
1 to 1½ teaspoons curry powder

1. In 2-quart casserole dish, heat butter 1 minutes on HIGH until melted; stir in rice. Heat 2 to 3 minutes on HIGH until rice is browned, stirring once.
2. Add remaining ingredients and heat, covered, 4 to 5 minutes on HIGH
3. Continue cooking on POWER LEVEL 5 an additional 12 to 14 minutes until rice is tender. Let stand, covered, 5 minutes.

Variation: *Heat ¼ cup slivered almonds with butter.*

SPANISH RICE

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 26 min
Yield: about 6 servings

½ cup chopped onion
¼ cup finely chopped green pepper
2 tablespoons butter or margarine
Water
1 can (16 oz.) stewed tomatoes, chopped and drained (reserve liquid)
1 cup long grain rice
1½ teaspoons salt
⅛ teaspoon pepper

1. In 2-quart casserole dish, heat onion, green pepper and butter 2½ to 3½ minutes on HIGH, stirring once.
2. Add enough water to reserved liquid to equal 2 cups. Add to dish with tomatoes, rice, salt and pepper. heat, covered, 4 to 5 minutes on HIGH.
3. Continue cooking on POWER LEVEL 5 an additional 16 to 17 minutes until rice is tender, stirring once. Let stand, covered, 5 minutes before serving.

BARLEY MUSHROOM CASSEROLE

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 16 min.
Yield: about 6 servings

6 tablespoons butter or margarine
2 medium onions, finely chopped
3 cloves garlic, finely chopped
1 pound fresh mushrooms, sliced
1 cup quick cooking barley
½ cup chicken broth
¼ cup chopped parsley
2 teaspoons basil
1 teaspoon salt
¼ teaspoon pepper

1. In 2½-quart casserole dish, heat, covered, butter, onion and garlic 3 to 4 minutes on HIGH until onion is tender. Stir in remaining ingredients. Heat, covered, 5 minutes on HIGH
2. Continue cooking on POWER LEVEL 5 an additional 5½ to 6½ minutes until barley is tender. Let stand, covered, 5 minutes before serving.

NICER RICE

For a special touch, try one of the following suggestions next time you serve rice.

- Substitute beef or chicken broth for water when cooking rice.
- Add 2 envelopes (¼ oz. ea.) instant onion soup to 2 cups water before adding rice.
- While rice is standing, heat, covered, ½ cup chopped onion, 1 jar (2½ oz.) sliced mushrooms, drained and 1 tablespoon butter 1½ to 2 minutes on HIGH until onion is tender. Stir into rice.
- Just before serving, stir in 4 slices bacon, crispcooked and crumbed and 1 to 2 tablespoons chives

CEREALS

GRANOLA CEREAL

Power Level: HIGH
Approx. Cooking Time: 10 min.
Yield: about 3 cups

2 cups quick or old fashion oats
⅔ cup soy nuts or coarsely chopped nuts
⅓ cup ⅓ cup wheat germ (optional)
¼ cup brown sugar
¼ cup honey
1 teaspoon vanilla extract
⅓ cup raisins or coconut

1. In oblong baking dish, heat oats 3 to 5 minutes on HIGH, stirring occasionally.
2. Add nuts. Wheat germ, and brown sugar; stir in honey and vanilla. Heat 3 to 5 minutes on HIGH stirring twice; add raisins.
3. Cool completely, stirring occasionally to crumble mixture. Store in airtight container.

Note: *To make GRANOLA SNACK, follow above procedure. Add ¼ cup oil with honey.*

SPICY OATMEAL

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 4 servings

2 cups quick-cooking oats
4 cups hot water
½ cup chopped dried apricots or raisins
¼ cup brown sugar
¼ teaspoon salt
½ cup wheat germ (optional)
1 teaspoon ground cinnamon

1. In 2-quart casserole dish, combine water, oats, apricots, sugar and salt.
2. Heat 4 to 5 minutes on HIGH until slightly thickened, stirring once, stir in wheat germ and cinnamon. Let stand 3 minutes before serving.

PREPARING HOT CEREALS

- Combine cereal, hot water* and salt (optional) in bowl individual dish.
- Heat, stirring once.
- Let stand; stir before serving.
- Top as desired, with sugar, spices, etc.

** For Cream of Wheat, heat water to a boil, then add cereal.*

CEREAL	CONTAINER	AMT. of HOT WATER	AMT. of CEREAL	CEREAL COOK TIME (in min.)		STANDING TIME (in min.)
				on HIGH	on POWER LEVEL 5 (MEDIUM)	
Cream of Wheat*						
1 serving	2-cup glass bowl	1¼ cups	2½ tablespoons	1	4 to 6	1
2 servings	1-qt. glass bowl	2 cups	⅓ cup	1½	6 to 7	1
4 servings	2-qt. glass bowl	3¾ cups	⅔ cup	2	7 to 8	2
Farina						
1 serving	individual serving dish	⅔ cup	2 tablespoons	1½ to 2	—	1
2 servings	2 individual serving dishes	1⅓ cups	¼ cups	3½ to 3¾	—	1
4 servings	1-qt. glass bowl	2⅔ cups	½ cup	4½ to 5½	—	2
Oatmeal (Quick)						
1 serving	individual serving dish	¾ cup	⅓ cup	1 to 1½	—	1
2 servings	2 individual serving dishes	1½ cups	⅔ cup	2 to 2½	—	1
4 servings	1-qt. glass bowl	3 cups	1⅓ cups	3½ to 4	—	2
Wheat-Bran Cereal						
1 serving	individual serving dish	¾ cup	¼ cup	3	—	1
2 servings	2 individual serving dishes	1½ cups	½ cup	5 to 6	—	1
4 servings	2-qt. glass bowl	3 cups	1 cup	7 to 8	—	2

Pictured on the following page: Herb Baked Tomatoes, Baked Stuffed Potatoes, Green Beans Almandine, Orange Glazed Carrots, Broccoli (with Mornay Sauce), Fresh Corn and Preparing Vegetables

Vegetables and Other Side Meals

Special Hints for Preparing Fresh and Frozen Vegetables 111
How to Cook Canned Vegetables 113
How to Blanch Fresh Vegetables 113
Preparing Baked Potatoes 114
Preparing Dried Beans and Peas 114

VEGETABLES

Caraway Cabbage 114
Baked Beans 115
Artichokes for Two 115
Corn Relish 115
Cheesy Vegetable Casserole 115
Broccoli Egg Divine 116
Green Beans Supreme 116
Mushrooms Sauté 116
Ratatouille 116
Orange Glazed Carrots 116
Okra Creole 117
Herb Baked Tomatoes 117
Green Beans Almandine 117
Honey Acorn Squash 117
Fruit'n Honey Squash 117
Holiday Special Squash 117
Swiss Scalloped Corn 117
Great Northern Bean Casserole 118
Zucchini Parmesan 118
Garden Succotash 118
Wilted Spinach Salad 118
Stuffed Onions Florentine 118
Fancy Green Beans 119

POTATOES

Scalloped Potatoes 119
Buttered Crumb Potatoes 119
Mashed Potatoes 119
Instant Mashed Potatoes 119
Potato Dumplings 119
Hot German Potato Salad 120
Candied Sweet Potato 120
Baked Stuffed Potatoes 120

Wish your family would eat more green vegetables? Do you find yourself coaxing junior to finish his spinach?
Be prepared for a big surprise. Not only will your family eat their vegetables, they'll be coming back for seconds.
Microwave cooking preserves the natural taste of garden-fresh vegetables after cooking. Using only minimum amounts of water and seasoning, the vegetables retain their vibrant color and texture. Frozen vegetables also offer a unique surprise in taste and preparation.

SPECIAL HINTS FOR PREPARING FRESH AND FROZEN VEGETABLES

For FRESH Vegetables

- Weights given for fresh vegetables are purchase weights, before peeling, trimming etc.
- Pierce skins of vegetables to be heated whole and unpeeled (i.e. eggplant, potatoes, squash). This allows steam to escape and prevents vegetables from popping or bursting. Arrange vegetables on paper towel lined glass oven tray.
- Add only 2 to 3 tablespoons water per pound. Often, rinsing vegetables before cooking is sufficient. Salt just before serving.
- Heat, covered, in casserole dish; stirring once. Heat corn on the cob in oblong baking dish; rearrange once during cooking.
- Let stand, covered, as specified in the chart or recipe.

For FROZEN Vegetables

- Prepare frozen vegetables (10 oz.) in original Package. Pierce top of package and set on glass saucer. If vegetables are frozen in pouches, pierce top of pouch also. If packages are foil-wrapped; remove foil.
- Place desired amount of frozen vegetables (packed in poly-bags) in covered casserole dish. Do not add water or salt. Stir once during cooking.
- Heat vegetables marked with an asterisk (*) in covered casserole dish; stir once during cooking. This insures even cooking without overcooking some portions. Arrange corn on the cob in oblong baking dish; rearrange once during cooking.

VEGETABLE	AMT.	COOK TIME (in min.) on HIGH	STANDING TIME (in min.)
ARTICHOKES			
Fresh, about 6 to 8 oz. ea.	1	6 to 7½	5
(3-in. diameter)	2	8½ to 10	5
see recipe, page 115	4	12½ to 14	5
Fronzen, hearts	1 package (9 oz.)	5 to 6	3
ASPARAGUS			
Fresh, cut into 1½-in. pieces	1 pound plus ¼ cup water	5 to 6½	3
Frozen, spears	1 package (10 oz.)	5½ to 7	3
BEANS, Green or Wax			
Fresh, cut into 1½-in. pieces	1 pounds plus ¼ cup water	6½ to 8	3
Frozen*	1 package (9 oz.)	6 to 8	3
BEETS			
Fresh, sliced	1½ to 2 pounds plus ¼ cup water	10½ to 12	5
BROCCOLI			
Fresh, cut into spears	1 pound plus ¼ cup water	6 to 7½	3
Frozen, chopped or spears	1 package (10 oz.)	6½ to 8	3
BRUSSEL SPROUTS			
Fresh	1 tub (10 oz.) plus 2 tbsp. water	5½ to 7	5
	1 pound plus ¼ cup water	8 to 10	5
Frozen*	1 package (10 oz.)	7½ to 9	5
CABBAGE, Fresh			
Chopped or Shredded	4 cups (about 1 lb.) plus ¼ cup water	6½ to 8	5
Wedges	4 (about 1 lb.) plus ¼ cup water	6 to 7½	5
CARROTS, sliced ½-in thick			
Fresh	1 pound plus ¼ cup water	7 to 8½	5
Frozen	1 package (10 oz.)	5½ to 7	3
CAULIFLOWER			
Fresh, cut into flowerets	1 pound plus ¼ cup water	6½ to 8	5
whole	1 to 1¼ lb. plus ¼ cup water	11½ to 13	5
Frozen, flowerets	1 package (10 oz.)	5½ to 7	3
CORN, Whole Kernel			
Frozen*	1 package (10 oz.)	4 to 5½	3

VEGETABLE	AMT.	COOK TIME (in min.) on HIGH	STANDING TIME (in min.)
CORN, On the cob			
Fresh (remove husk and silk)	1 ear — plus 2 to 4 tablespoons water	2 to 3	3
	2 ears — plus 2 to 4 tablespoons water	3 to 4	3
	4 ears — plus 2 to 4 tablespoons water	8½ to 10	5
	6 ears — plus 2 to 4 tablespoons water	13 to 14½	5
Frozen (rinse off any frost)*	1 ear	3½ to 4½	3
	2 ears	5 to 6½	3
	4 ears	9½ to 11	5
	6 ears	14 to 15½	5
EGGPLANT, Fresh			
Cubed	1 pound plus ¼ cup water	7 to 8½	3
Whole (pierce skin)	1 to 1¼ pounds	4½ to 6	3
LIMA BEANS			
Frozen*	1 package (10 oz.)	5½ to 7	3
OKRA, Frozen			
Sliced	1 package (10 oz.)	5 to 6½	3
Whole	1 package (10 oz.)	5½ to 7	3
ONIONS			
Fresh, (small, whole)	8 to 10 plus ¼ cup water (about 1 lb.)	6½ to 8	3
PEAS, GREEN			
Fresh	1½ pounds plus ¼ cup water	5 to 6½	3
Frozen*	1 package (10 oz.)	5½ to 7	3
PEAS, Snow (Peapods)			
Frozen*	1 package (6 oz.)	4½ to 5½	3
PEAS and CARROTS			
Frozen*	1 package (10 oz.)	5½ to 7	3
PEAS, Black-eyed			
Frozen*	1 package (10 oz.) plus 1½ cups water	20 to 22	5
SPINACH			
Fresh, leaf	1 pound plus ¼ cup water	5½ to 7	3
Frozen, leaf of chopped*	1 package (10 oz.)	6½ to 8	3
SQUASH (Summer), sliced ½-in. thick			
Fresh	1 pound plus ¼ cup water	6½ to 8	3
Frozen	1 package (10 oz.)	5 to 6½	3
SQUASH (Winter)			
Fresh, whole	1 (1 lb.)	6 to 7½	5
(pierce skin)	2 (¾ lb. ea.)	7½ to 9	5
Frozen, whipped	1 package (12 oz.)	6½ to 8	3
SUCCOTASH			
Frozen*	1 package (10 oz.)	5½ to 7	3
VEGETABLES, mixed			
Frozen*	1 package (10 oz.)	6½ to 8	3
ZUCCHINI, sliced ½-in. thick			
Fresh	1 pound plus ¼ cup water	6½ to 8	3
Frozen	1 package (10 oz.)	5 to 6½	3

HOW TO COOK CANNED VEGETABLES

CANNED VEGETABLES MICROWAVING GUIDE

VEGETABLE	AMT.	COOK TIME (in min.) on POWER LEVEL 8		INTERNAL TEMP. (when using Temp. Cook) UNDRAINED
		UNDRAINED	DRAINED	
VEGETABLES ALL KINDS	8 oz.	2 to 2½	1½ to 2	150 to 160°F
	15 oz.	3 to 4	2½ to 3	150 to 160°F
	17 oz.	4 to 5	3 to 3½	150 to 160°F

HOW TO BLANCH FRESH VEGETABLES

A special sale at the market on your favorite green vegetable? Use your microwave oven to blanch vegetables for freezing, preserving that garden-fresh flavor to enjoy at a later time. This method is also ideal when freezing vegetables from your garden. You can blanch small quantities when the vegetables are at their peak . . . not when there are enough to make it worth your while. Follow the guidelines and cooking time below. You will be surprised how easy it is.

- Prepare vegetables wash and slice or chop as directed.
- Measure amount to be blanched, into medium, casserole.
- Add water if directed; cover and heat on HIGH for time indicated in chart, until vegetables are an even bright color through.
- Stir once.
- Plunge vegetables immediately into ice water.
- Pat dry with paper towel to absorb excess moisture.
- Package in freezer container or poly bags.
- Label, date and freeze immediately.

BLANCHING FRESH VEGETABLES GUIDE

VEGETABLE	AMT.	WATER	COOK TIME (in min.) on HIGH
ASPARAGUS Cut, 2 inch pieces	1 lb.	¼ cup	2 to 3
BEANS, GREEN Cut, 2 inch pieces	1 lb.	¼ cup	5 to 6
BROCCOLI Cut, sepears	1 to 1¼ lb.	¼ cup	4 to 5
CARROTS Sliced	1 lb.	¼ cup	4 to 5
CAULIFLOWER Cut, flowerets	1½ to 1¾ lb.	¼ cup	3 to 4
SPINACH, leaves	1 to 1¾ lb.	—	2 to 3
ZUCCHINI Cut, ½ inch pieces	1 lb.	¼ cup	3 to 4

PREPARING BAKED POTATOES

- Select potatoes of equal size, if possible.*
- Rinse potatoes; pat dry.
- Prick skins several times with fork to allow steam to escape and prevent bursting.
- Arrange in circular pattern on paper towel lined glass oven tray, equal distance apart.
- Heat according to chart on HIGH.
- Let stand, covered, 3 to 5 minutes before serving.

*Note: *Potatoes can be wrapped in aluminum foil after cooking.*

POTATOES	AMT.	COOK TIME* (in min.)on HIGH
Medium Baking Potatoes (about 6 oz. ea.)	1	4½ to 5½
	2	6 to 7½
	4	8½ to 10
	6	12 to 13½

**Cook time will vary slightly with larger or smaller potatoes.*

PREPARING DRIED BEANS AND PEAS

- Bring beans and hot water to a boil on HIGH.
- Then, Heat on POWER LEVEL 5 (MEDIUM) for time indicated in chart, until tender.

KIND of DRIED VEGETABLES	CONTAINER	AMT. of HOT WATER	COOK TIME (in min.)	
			on HIGH	on POWER LEVEL 5 (MEDIUM)
Black-eyed peas (1 lb.)	large casserole dish	2½ quarts	11 to 12	65 to 70
Kidney beans, Lima beans (small) (1 lb.)	large casserole dish	2 quarts	9 to 10	55 to 60
Northern beans (1 lb.)	large casserole dish	2 quarts	9 to 11	55 to 60
Lima beans (large) (1 lb.)	large casserole dish	2½ quarts	11 to 12	70 to 75
Spit peas. (1 lb.)	large casserole dish	1½ quarts	9 to 10	40 to 45
Lentils (1 lb.)	large casserole dish	1½-2 quarts	9 to 11	45 to 50

VEGETABLES

CARAWAY CABBAGE

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: 6 servings

1 small head cabbage, cut into 6 wedges (about 1½ lb.)
¼ cup butter or margarine
¼ teaspoon caraway seeds
¼ cup water

1. In oblong baking dish, heat butter 1 minute on HIGH until melted.
2. Brush cabbage with butter and arrange, wide edge towards rim, in same dish; sprinkle with caraway and water. Heat, covered, 8 to 9½ minutes on HIGH until cabbage is almost tender; let stand, covered, 5 minutes before serving.

BAKED BEANS

Power Level: HIGH
HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 20 min.
Yield: about 6 servings

2 cans (16 oz. ea.) pork and beans
3 slices bacon, diced
½ cup chopped green pepper or onion
¼ cup molasses
¼ cup catsup
1 tablespoon prepared mustard
½ teaspoon Worcestershire sauce
Dash hot pepper sauce

1. In 1½-quart casserole dish, heat bacon and green pepper 3 to 4 minutes on HIGH until bacon is crisp.
2. Stir in remaining ingredients; heat, covered with wax paper 3 to 4 minutes on HIGH until mixture is bubbly.
3. Continue cooking POWER LEVEL 5 an additional 10 to 12 minutes.

ARTICHOKES FOR TWO

Power Level: HIGH
Approx. Cooking Time: 13 min.
Yield: 2 servings

⅓ cups butter or margarine
Garlic salt
2 fresh artichokes (8 oz. ea.)
1 lemon, thinly sliced and halved
¼ cup dry seasoned bread crumbs
2 tablespoons grated Parmesan cheese
¼ teaspoon paprika
¼ teaspoon parsley flakes

1. In small bowl, heat butter 1½ to 2 minutes on HIGH until melted; reserve 1 tablespoon. Into remaining butter, and garlic.
   Cut stem off artichoke; trim tips of leaves, then rinse.
2. Place lemon in between leaves; arrange artichokes in individual custard cup and pour butter mixture over each. Heat, covered with plastic wrap, 9 to 11 minutes on HIGH. Meanwhile, combine reserved melted butter with remaining ingredients.
3. Sprinkle over cooked artichokes; let stand, covered, 5 minutes before serving.

Hint: *To cook plain artichokes, after rinsing, wrap individually in wax paper. Heat according to vegetable chart, page 111.*

Note: **For FOUR servings,** *follow above procedure; double all ingredients. Heat butter 4 minutes on HIGH, art chokes 13 to 15 minutes on HIGH.*

For ONE serving, *halve all ingredients. Heat butter 1 minute on HIGH, artichoke 7 to 9 minutes on HIGH.*

CORN RELISH

Power Level: HIGH
Approx. Cooking Time: 7 min.
Yield: about 6 servings

Water
2 cans (12 oz. ea.) whole kernel corn, drained reserve liquid)
½ cup chopped celery
½ cup diced green pepper
¼ cup finely chopped onion
2 to 3 tablespoons sugar
1 tablespoon cornstarch
⅓ cup cider vinegar
2 tablespoons diced pimento

1. In 4-cup glass measure, add enough water to reserved liquid to equal 1¼ cups. Add celery, green papper, onion and sugar, heat 3 to 4 minutes on HIGH
2. Stir in cornstarch blended with vinegar and heat 2½ to 3 minutes on HIGH until mixture is slightly thickened, stirring occasionally. Add corn and pimento; chill before serving

CHEESY VEGETABLE CASSEROLE

Power Level: HIGH
Temp. Setting: 160°F
Approx. Cooking Time: 19 min.
Yield: about 6 servings

4 medium tomatoes (about 1½ lb.), sliced
6 slices American cheese (1 oz. ea.)
4 medium onions, sliced (about 1 lb.)
1 teaspoon salt
½ teaspoon basil
¼ teaspoon pepper
3 tablespoons butter or margarine
½ cup seasoned dry bread crumbs
Paprika

1. In medium glass bowl, heat, covered, onions 4½ to 5½ minutes on HIGH, stirring once; stir in salt, basil and pepper.
2. In small glass bowl, heat butter 1 to 1½ minutes on HIGH until melted; stir in bread crumbs and paprika. In 2-quart casserole dish, alternately layer half the tomatoes, onions and cheese; top with remaining tomatoes and onions. Cover with plastic wrap, microwave on HIGH,

   TO HEAT BY TEMPERATURE: Insert probe through plastic wrap into center of casserole. Set TEMP COOK at 160°F.

   TO HEAT BY TIME: Set time for 10 to 12 minutes.
3. Top with remaining cheese, then bread crumb mixture; let stand, covered, 5 minutes before serving.

BROCCOLI EGG DIVINE

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: about 6 servings

1 package (1¼ oz.) hollandaise sauce mix
Ingredients as sauce mix package directs
1 pound fresh broccoli spears, cooked (see page 111)*
4 hard-cooked eggs, chopped (see page 77)
2 slices Swiss cheese, cubed
¼ cup dry bread crumbs
2 tablespoons butter or margarine, melted
Paprika

1. In 2-cup glass measure, combine hollandaise sauce mix and ingredients according to package directions; heat 2 to 3 minutes on HIGH until sauce is thickened, stirring once.
2. In glass pie plate, arrange broccoli in spoke fashion, stems towards center (trim stems if necessary); top with eggs and cheese. Pour sauce over cheese and top with bread crumbs blended with butter and paprika. Heat, covered, 4½ to 6 minutes on HIGH until heated through. Let stand, covered, 5 minutes before serving.

***Substitution:** *Use 2 packages (10 oz. ea.) frozen broccoli spears, cooked (see page 111) for fresh broccoli.*

GREEN BEANS SUPREME

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: 3 to 4 servings

2 tablespoons melted butter or margarine, divided
½ cup sour cream, room temperature
1 tablespoon all-purpose flour
1 can (16 oz.) green beans drained
½ tablespoon minced onion
¼ cup dry bread crumbs
¼ teaspoon grated lemon peel
2 tablespoons grated Cheddar cheese
2 tablespoons water
Salt and pepper to taste

1. Stir in 1 tablespoon of melted butter with bread crumbs and cheese. Set aside.
2. Combine flour, onion, salt, pepper and lemon peel with 1 tablespoon melted butter in 2-cup glass measure and heat on HIGH for ½ to 1 minutes.
3. Stir in 2 tablespoons water and sour cream. Mix with green beans and spoon mixture into a small casserole dish. Heat, uncovered, on HIGH for 2 to 3 minutes.
4. Sprinkle with buttered bread crumbs and cheese mixture. Heat on HIGH for 1 to 1½ minutes. Serve

MUSHROOMS SAUTÉ

Power Level: 9
Approx. Cooking Time: 5 min.
Yield: 3 to 4 servings

½ pound fresh mushrooms, cleaned and sliced
⅓ cup butter
1 clove garlic, peeled and minced
Parmesan cheese

1. Combine all ingredients, except Parmesan cheese, in an 8-inch baking dish. Cover with wax paper and heat on POWER LEVEL 9 for 4 to 5 minutes. Stir once.
2. Serve as side dish, sprinkling the top with Parmesan cheese, if desired.

RATATOUILLE

Power Level: HIGH
Approx. Cooking Time: 25 min.
Yield: about 8 servings

2 medium onions, sliced
1 medium green pepper, sliced
⅓ cup oil
2 cloves garlic, finely chopped
1 medium eggplant (about 1½ lb.), peeled and cut into ½-inch pieces
3 medium tomatoes (about 1 lb.), chopped
2 medium zucchinies (about 1 lb.), thinly sliced
1 cup vegetable juice cacktail or tomato juice
2 teaspoons each basil and parsley flakes
1 teaspoon salt
¼ teaspoon pepper

1. In 5-quart casserole dish, combine onions, green pepper, oil and garlic; heat, covered, 4 to 5 minutes on HIGH, stirring once.
2. Add remaining ingredients and heat, covered, 18 to 20 minutes on HIGH until vegetables are tender, stirring occasionally.
   Let stand, covered, 5 minutes before serving.

ORANGE GLAZED CARROTS

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: about 4 servings

1 pound carrots, sliced ½-inch thick
¼ cup orange juice
3 tablespoons honey
3 tablespoons butter or margarine
½ teaspoon grated lemon peel (optional)
¼ teaspoon salt
Dash ground nutmeg

1. In 2-quart casserole dish, combine carrots and orange juice; heat, covered, 7 to 8½ minutes on HIGH until carrots are tender, stirring once.
2. Stir in remaining ingredients; let stand, covered, 3 minutes before serving.

OKRA CREOLE

Power Level: HIGH
Approx. Cooking Time: 21 min.
Yield: about 6 servings

1 medium onion, sliced
¼ cup butter or margarine
2 packages (10 oz. ea.) frozen sliced okra
1 can (16 oz.) stewed tomatoes, chopped
½ teaspoon Worcestershire sauce
¼ teaspoon hot pepper sauce
Salt and pepper to taste

1. In 2-quart casserole dish, heat onion and butter 2½ to 3½ minutes on HIGH until onion is tender.
2. Add okra, tomatoes, Worcestershire and pepper sauce; heat, covered, 15 to 17 minutes on HIGH until vegetables are tender, stirring twice. Season with salt and pepper; let stand, covered, 3 minutes before serving.

HERB BAKED TOMATOES

Power Level: HIGH
Approx. Cooking Time: 2 min.
Yield: 4 servings

3 tablespoons seasoned dry bread crumbs
2 tablespoons butter or margarine, melted
2 tablespoons grated Parmesan cheese
½ teaspoon oregano or basil
2 medium tomatoes, cut in half

1. Combine bread crumbs, butter, cheese and oregano.
2. In 8-inch square baking dish, arrange tomato halves; top with bread crumb mixture. Heat, covered, 1½ to 2 minutes on HIGH until tomatoes are tender, turning once. Let stand, 2 minutes before serving.

GREEN BEANS ALMANDINE

Power Level: HIGH
Approx. Cooking Time: 14 min.
Yield: about 4 servings

¼ cup slivered almonds
3 tablespoons butter of margarine
1¼ to 1½ pounds fresh green beans, cut into 1½-inch pieces
¼ cup water
½ teaspoon salt
Dash ground nutmeg (optional)

1. In glass measure, heat almonds and butter 3 to 4 minutes on HIGH until almonds are lightly browned; reserve.
2. In 2-quart casserole dish, combine beans and water; heat, covered, 8½ to 10 minutes on HIGH until beans are tender stirring once.
3. Add remaining ingredients, almonds and butter; let stand, covered, 3 minutes before serving.

HONEY ACORN SQUASH

Power Level: HIGH
Approx. Cooking Time: 10 min.
Yield: 4 servings

2 acorn squash (about ¾ lb. ea.)
4 tablespoons honey
4 teaspoons butter or margarine
⅛ teaspoon grated lemon peel

1. Pierce skin of squash several times, arrange on paper towel lined glass oven tray. Heat 4 to 5 minutes on HIGH, turning squash over once; let stand 3 minutes. Cut squash in half; scoop out seeds. In oblong baking dish, arrange squash, cut-side up.
2. Top with honey, butter and lemon. Heat, covered, 4 to 5 minutes on HIGH until squash is tender; let stand, covered, 2 minutes before serving.

Variations: *Use one of the following toppings for honey butter and lemon.*

For FRUIT'N HONEY SQUASH, *use 4 tablespoons finely chopped apple, 2 tablespoons flaked coconut, 4 tablespoons honey and 2 tablespoons butter.*

For HOLIDAY SPECIAL SQUASH, *use ½ cup chopped orange, ¼ cup whole berry cranberry sauce, 2 tablespoons brown sugar and ¼ teaspoon ground cinnamon.*

SWISS SCALLOPED CORN

Power Level: HIGH
5 (MEDIUM)
Approx. Cooking Time: 15 min.
Yield: about 6 servings

3 slices bacon
2 cans (16 oz.) whole kernel corn, drained
1 cup shredded Swiss cheese (about ¼ lb.)
½ teaspoon onion powder
⅛ teaspoon pepper
1½ tablespoons flour
1 egg
1 can (5½ oz.) evaporated milk
¼ cup dry bread crumbs
1 tablespoon butter or margarine, melted
Dash paprika

1. In oblong baking dish, arrange bacon between layers of paper towels; heat 2½ to 3 minutes on HIGH until bacon is crisp.
2. Remove paper towels; crumble bacon. Stir in corn, cheese, onion, pepper and flour blended with egg and milk. Top with bread crumbs blended with butter and paprika.
3. Heat 10 to 12 minutes on POWER LEVEL 5 until corn is set. Let stand, covered, 5 minutes before serving.

GREAT NORTHERN BEAN CASSEROLE

Power Level: HIGH→ 5 (MEDIUM)
5 (MEDIUM)
Approx. Cooking Time: 1¼ hrs.
Yield: 4 to 6 servings

1 package (16 oz.) dried great northern beans
4 slices bacon, diced
1½ quarts hot water
1 cup chopped onion
½ cup chopped green pepper
1 teaspoon salt
1 can (6 oz.) tomato paste
⅓ cup brown sugar
¼ cup dark corn syrup

1. In 4-quart casserole dish, combine water, beans, onion, green pepper and salt. Heat, covered, 10 to 12 minutes on HIGH until water is boiling.
2. Continue cooking on POWER LEVEL 5 an additional 45 minutes, stirring twice. Stir in tomato paste, sugar and syrup. Heat, covered, 15 minutes on POWER LEVEL 5 until beans are tender, stirring once.

ZUCCHINI PARMESAN

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: about 4 servings

4 medium zucchini, sliced into 1-inch pieces (about 1½ lb.)
¼ cup grated Parmesan cheese
1 can (8 oz.) tomato sauce
½ cup shredded Mozzarella cheese

1. In 8-inch round baking dish, combine zucchini, parmesan cheese and tomato sauce; heat, covered, 8 to 9 minutes on HIGH until zucchini is tender, Stirring once
2. Sprinkle with mozzarella cheese and let stand, covered, 5 minutes before serving.

GARDEN SUCCOTASH

Power Level: HIGH
Approx. Cooking Time: 13 min.
Yield: about 6 servings

1 package (10 oz.) frozen lima beans
1 package (10 oz.) frozen whole kernel corn
2 tablespoons chopped pimento (optional)
¼ cup milk or light cream
3 tablespoons butter or margarine
1 teaspoon salt
Dash pepper

1. In 2-quart casserole dish, combine lima beans, corn and pimento; heat, covered, 9 to 11 minutes on HIGH until vegetables are tender, stirring once.
2. Stir in remaining ingredients; heat, covered, 1 to 1½ minutes on HIGH until heated through.

WILTED SPINACH SALAD

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: about 2 servings

½ pound fresh spinach
3 slices bacon, cooked crisp and crumbled
1½ tablespoons pimento, finely chopped
3 tablespoons water
3 tablespoons wine vinegar
1½ tablespoons onion, finely chopped
1 tablespoon sugar
Dash of pepper to taste

1. Wash spinach carefully, removing bruised pieces and all thick stems. Set aside.
2. Combine onions and bacon fat in a small glass measure and heat on HIGH for 1 to 1½ minutes until onions are slightly browned.
3. Add remaining ingredients to onion-bacon fat mixture and heat on HIGH for 1½ to 2½ minutes until liquid comes to a boil.
4. Just before serving, pour boiling dressing over spinach leaves, sprinkle with crumbled bacon, toss lightly and serve immediately.

STUFFED ONIONS FLORENTINE

Power Level: HIGH
Approx. Cooking Time: 25 min
Yield: 6 servings

6 large Spanish onions (about 3½ lb.)
¼ cup water
½ pound pork sausage, crumbled
1 package (10 oz.) frozen chopped shinach, thawed and drained
¾ cup shredded Cheddar or Swiss cheese
1 egg
6 tablespoons buttered bread crumbs

1. Peel onions; cut ½ inch slice off sprout end and just enough off the root end to sit flat. In shallow baking dish, arrange onions, add water and heat 11 to 13 minutes on HIGH until onions are partially cooked. (Remove centers as they pop up). Carefully remove centers of onion, leaving a ¼ to ½-inch shell; chop ¼ cup onion centers.
2. In glass bowl, combine ¼ cup chopped onion, crumbled sausage and spinach. Heat 4 to 5 minutes on HIGH until sausage is cooked, stirring twice; drain.
3. Stir in cheese and arrange in baking dish; top with bread crumbs. Heat, covered, 6 to 7 minutes on HIGH until heated through. Let stand, covered, 5 minutes before serving. Serve, if desired, with cheese sauce (page 85).

FANCY GREEN BEANS

Power Level: HIGH
Temp. Setting: 160°F
Approx. Cooking Time: 17 min.
Yield: about 6 servings

2 packages (9 oz. ea.) frozen french-style green beans
1 can (10¾ oz.) condensed cream of mushroom soup
1 can (3 oz.) french fried onions

1. In 2-quart casserole dish, heat beans, covered, 9 to 11 minutes on HIGH until beans are tender, stirring twice.
2. Stir in soup and ½ onion pieces; top with remaining onion pieces, microwave on HIGH.

   TO HEAT BY TEMPERATURE: Insert probe into center of casserole. Set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set time for 5 to 6 minutes.
3. Let stand, 3 minutes before serving

POTATOES

SCALLOPED POTATOES

Power Level: HIGH
7 (MEDIUM-HIGH)
Temp. Setting: 175°F
Approx. Cooking Time: 35 min.
Yield: about 6 servings

6 medium potatoes (about 6 oz. ea.)
¼ cup butter or margarine
1 tablespoon dried onion flakes
1 teaspoon pepper
¼ cup flour
2 cups milk Salt
½ teaspoon pepper

1. Following procedure for baking potatoes (page 114), heat potatoes 10 to 11 minutes on HIGH until potatoes are almost tender. Let stand 5 minutes; peel and slice.
2. Meanwhile, in 4 cup glass measure, heat butter, onion, salt and pepper 1 to 1½ minutes on HIGH until butter is melted. Stir in flour; gradually add milk, stirring until smooth.
3. Heat 6 to 7 minutes on POWER LEVEL 7 until sauce is smooth, stirring twice.
4. In 2-quart casserole dish, alternately layer potatoes and sauce forming three layers. Cover with plastic wrap. Microwave on POWER LEVEL 7,

   TO HEAT BY TEMPERATURE: Insert probe through plastic wrap into center of casserole. Set TEMP. COOK on 175°F.

   TO HEAT BY TIME: Set time 14 to 15 minutes until heated through.
5. Let stand, covered, 5 minutes before serving.

BUTTERED CRUMB POTATOES

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: 4 servings

4 medium potatoes, peeled (about 4 oz. ea.)
2 tablespoons butter or margarine, melted
½ cup seasoned dry bread crumbs

1. Roll potatoes in butter, then in bread crumbs.
2. Arrange in baking dish; drizzle with remaining butter. Heat 7 to 8 minutes on HIGH until potatoes are tender; let stand, covered, 3 minutes before serving.

MASHED POTATOES

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 14 min.
Yield: about 6 servings

6 medium potatoes (about 2 lb.), peeled and quartered
½ to ¾ cup milk
¼ cup butter or margarine
Salt and pepper to taste

1. Rinse potatoes; drain. In medium glass bowl, heat potatoes, covered, 9 to 10½ minutes on HIGH until potatoes are tender, stirring once. Let stand, covered, 5 minutes; drain.
2. Meanwhile, in small glass bowl, combine remaining ingredients; heat 2 to 3 minutes until hot. Add to potatoes and mash until smooth.

Note: For INSTANT MASHED POTATOES, *follow package directions; heat water, milk and salt in glass bowl,on HIGH (see Heating Liquids chart page 156). Stir in butter and instant potato flakes.*

POTATO DUMPLINGS

Power Level: HIGH
Approx. Cooking Time: 14 min.
Yield: 4 to 6 servings

2 quarts hot water or broth
2 cups hot mashed potatoes (see this page)
½ cup flour
1 egg
½ teaspoon salt
¼ teaspoon parsley flakes
⅛ teaspoon pepper
Dash ground nutmeg

1. In 3-quart casserole, heat water covered, 10 minutes on HIGH until water is boiling.
2. Meanwhile, combine remaining ingredients; drop by heaping tablespoons into water. Heat 3 to 4 minutes on HIGH until dumplings float; drain.

HOT GERMAN POTATO SALAD

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: about 4 servings

4 slices bacon, diced
4 medium potatoes, baked, (see page 114) peeled and sliced*
¼ cup finely chopped onion
2 teaspoons flour
⅓ cup cider vinegar
2 tablespoons brown sugar
¼ teaspoon celery seed
Salt and pepper to taste

1. In oblong baking dish, heat bacon and onion 3½ to 5 minutes on HIGH, stirring occasionally.
2. Stir in flour, vinegar, sugar, celery seed, salt and pepper; heat 1 to 1½ minutes on HIGH until slightly thickened, stirring once.
3. Add potatoes and heat 3 to 4 minutes on HIGH until heated through, stirring once; serve warm.

***Substitution:** *Use 2 cans (16 oz. ea.) sliced potatoes, drained for baked potatoes.*

CANDIED SWEET POTATO

Power Level: HIGH
Temp. Setting: 160°F
Approx. Cooking Time: 11 min.
Yield: about 6 servings

¼ cup butter or margarine
2 cans (16 oz. ea.) sweet potatoes or yams, drained
1 egg
½ cup milk
2 tablespoons brown sugar
2 tablespoons molasses
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Dash ground cloves
½ cup mini-marshmallows (optional)

1. In 1½-quart casserole dish, heat butter 1 to 1½ minutes on HIGH until melted. In medium bowl, combine butter, sweet potatoes, egg, milk, sugar, molasses, cinnamon, nutmeg and cloves; mash until smooth.
2. Spread into same casserole dish; cover with plastic wrap. Microwave on HIGH,

   TO HEAT BY TEMPERATURE: Insert probe through plastic wrap into center of casserole. Set TEMP. COOK at 160°F.

   TO HEAT BY TIME: Set ime for 8 to 9 minutes until heated through.
3. Top with marshmallows. Heat, uncovered, ½ minute on HIGH.

BAKED STUFFED POTATOES

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: 4 servings

4 medium potatoes, baked (see page 114)
½ cup shredded Cheddar cheese
⅓ to ½ cup milk
2 tablespoons butter or margarine
1 egg
Salt and pepper to taste
Paprika

1. Cut a thin slice (lengthwise) from each potato. Scoop out potato, leaving a thin shell. Combine potato, cheese, milk, butter, egg, salt and pepper; mash until smooth.
2. Spoon potato mixture into shell; sprinkle with paprika*. Heat on wax paper lined glass oven tray 4 to 5½ minutes on HIGH until heated through.

**Recipe can be prepared up to this point in advance. Adjust cooking time as necessary.*

Note: For TWO servings, *follow above procedure; halve all ingredients (use whole egg). Heat 2 to 3 minutes on HIGH.*

Pictured on the following page: Babecued Beef Sandwiches (Hamburger Rolls & Bread), Tip-Top Hamburgers, Open faced Sandwiches with Gravy, Red Delicious

Sandwiches

SANDWICHES

Open Faced Tuna 123
Mini-Pizza Snacks 123
Ole Meat Pies 123
Heavenly French Roast Beef Dip 123
Armenian Special 123
Cheesy Meat Loaf Sandwich 124
Open Faced Sandwiches with Gravy 124
Tip-Top Hamburgers 124
Mexican Tacos 124
Barbecued Beef Sandwiches 124
Reuben Deli 125
Red Delicious 125
Pizza Roll Special 125
Seafarer's Sandwich 125
Rye Dogs 126
Sloppy Joes 126
Texas Tasters 126
Potato Pork Dogs 126
Super-Surprise Burgers 126

Sandwiches have grown into the all-American treat. Lunch time, snack time or something quick before bed, a sandwich is always welcome.
Now you can get away from the routine of the dull, cold sandwich and create a true masterpiece in a matter of minutes. For simplicity, use paper plates and towels during preparation and serve in same. The King and Queen of sandwiches, the hamburger and hot dog are given special treatment in this chapter. Carry on with the all-American tradition by following the simple instructions.

OPEN FACED TUNA

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 5 min.
Yield: 4 servings

4 slices whole wheat bread, toasted
4 thin slices tomato
4 slices American cheese
1 can (7 oz.) tuna, drained and flaked
⅓ cup mayonnaise
Celery seed
Onion powder
Salt and pepper

1. Combine tuna and mayonnaise; season with celery, onion, salt and pepper. Spread tuna on toast; top with tomato.
2. On paper plate, heat sandwiches 2 to 2½ minutes on POWER LEVEL 7; top with cheese. Heat 1¾ to 2¼ minutes on POWER LEVEL 7 until cheese is melted.

MINI-PIZZA SNACKS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 2 min.
Yield: 2 servings

2 English muffins, split and toasted
¼ to ½ cup spaghetti sauce
¼ cup shredded Mozzarella cheese
Oregano

1. On paper plate, arrange muffins; spread with spaghetti sauce. Top with cheese and season with oregano.
2. Heat 1 to 2 minutes on POWER LEVEL 7 until cheese is melted, turning dish once.

Note: For ONE serving, *follow above procedure; halve all ingredients. Heat ½ to 1 minutes on POWER LEVEL 7.*

OLE' MEAT PIES

Power Level: 9
7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 3 to 4 servings

6 corn toaster cakes*
1 can (16 oz.) chili without beans
½ cup shredded Monterey jack or Cheddar cheese
Sliced black olives, chopped green pepper and chopped onion

1. On 12-inch glass pizza dish, arrange corn toaster cakes; spoon on chili. Heat 3½ to 4 minutes on POWER LEVEL 9, top with cheese.
2. Heat 1½ to 2 minutes on POWER LEVEL 7 until cheese is melted. Top, as desired, with olives, green pepper and onions.

***Substitution:** *Use 3 cheese-flavored English muffins, split and toasted for corn cakes.*

HEAVENLY FRENCH ROAST BEEF DIP

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: 2 servings

1 medium onion, cut into rings
2 tablespoons butter or margarine
½ loaf French bread (about 12 in. long)*
¼ to ⅓ pound sliced cooked roast beef
Salt and pepper to tast
1 can (10¼ oz.) beef gravy
2 tablespoons red wine (optional)

1. In small glass bowl, combine onion and butter. Heat, covered, 2 to 3 minutes on HIGH until onion is tender, stirring once.
   Meanwhile, slice bread in half lengthwise and then crosswise, forming 2 sandwiches.
2. Arrange beef on 2 pieces bread; top with onions, then season with salt and pepper. Close sandwich; wrap individually in paper napkin.
   In same glass bowl, heat gravy and wine 1½ to 2 minutes on HIGH until heated through, stirring once.
3. Heat sandwiches 1 to 2 minutes on POWER LEVEL 7 until warm. Serve with gravy for dipping.

***Substitution:** *Use 2 Italian rolls (6 in. ea.) for French bread.*

ARMENIAN SPECIAL

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: 4 servings

4 individual loaves Middle Eastern pocket (pita) bread
1 envelope (1 oz.) onion-mushroom soup mix
1 cup (8 oz.) plain yogurt
½ cup chopped green pepper
Pinch dried mint leaves
1½ pounds ground beef
2 cloves garlic, finely chopped
1 can (8 oz.) stewed tomatoes, chopped and drained
1 tablespoon parsley flakes

1. Combine 1 tablespoon soup mix, yogurt, green pepper and mint; reserve.
   In 2-quart casserole dish, crumble gound beef; stir in remaining soup mix and garlic. Heat, covered, 4½ to 5½ minutes on HIGH until beef is browned, stirring once: drain.
2. Stir in tomatoes and parsley. Heat, covered, 1 minute on HIGH
3. Continue cooking on POWER LEVEL 7 an additional 3 to 4 minutes, stirring once.
4. Meanwhile, cut bread in half; gently open. Fill "pocket" with beef mixture; top with yogurt dressing.

CHEESY MEAT LOAF SANDWICH

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 4 min.
Yield: 4 servings

8 slices rye bread
8 thin slices cooked meat loaf
4 slices (rectangular) Muenster cheese, halved
Chili sauce

1. Spread chili sauce on bread. On four slices, place meat loaf and cheese; top with remaining bread.
2. Wrap each sandwich in paper napkin; arrange on glass oven tray. Heat 2½ to 3½ minutes on POWER LEVEL 7 until heated through.

Note: **For TWO sandwiches,** *follow above procedure; halve all ingredients, heat 1½ to 2 minutes on POWER LEVEL 7.*
For ONE sandwich, *heat 1 to 1½ minutes on POWER LEVEL 7.*

OPEN FACED SANDWICHES WITH GRAVY

Power Level: HIGH
9
Approx. Cooking Time: 5 min.
Yield: 4 servings

1 envelop (⅞ oz.) turkey gravy mix*
1 cup water*
½ pound sliced cooked turkey
4 slices white bread

1. In 2-cup glass measure, combine gravy mix and water; heat 2½ to 3 minutes on HIGH until thickened, stirring twice.
2. In baking dish, arrange turkey in four piles (to fit bread). Heat, covered, 1½ to 2 minutes on POWER LEVEL 9 until heated through. To serve, arrange turkey on bread; top with gravy.

***Substitution:** *Use 1 can (10½ oz.) mushroom gravy or 1 cup leftover gravy for mix and water. Heat 1½ to 2 minutes on POWER LEVEL 9, stirring once.*

Note: *Chicken, pork or beef gravy and meat may be used.*

TIP-TOP HAMBURGERS

Power Level: 9
Approx. Cooking Time: 5 min.
Yield: 4 servings

1 pound ground beef
4 slices each cheese, onion and tomato
4 hamburger rolls
Catsup or creamy Russian dressing

1. Shape ground beef into 4 patties (about 4-in. in diameter). In baking dish, arrange patties and heat 3½ to 4½ minutes on POWER LEVEL 9, turning patties over and draining liquid once.
2. Top with cheese; let stand, covered, 2 minutes. Place each hamburger in roll and top, with remaining ingredients, as desired.

Note: **For TWO servings,** *follow above procedure. Halve all ingredients; heat patties 1½ to 2 minutes on POWER LEVEL 9.*
For ONE serving, *heat patty ¾ to 1¼ minutes on POWER LEVEL 9.*

MEXICAN TACOS

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: 6 servings

1 pound ground beef
1 package (1¼ oz.) taco seasoning mix
½ cup water
12 taco shells
1 cup shredded lettuce
⅔ cup chopped tomatoes
¼ cup chopped green pepper or onion
1 cup shredded Cheddar or Monterey jack cheese

1. In 2-quart casseole dish, heat ground beef 3 to 4 minutes on HIGH until browned, stirring once; drain. Add seasoning mix and water; heat, covered, 2 minutes on HIGH
2. Continue cooking on POWER LEVEL 7 an additional 5 minutes, stirring once. Fill each taco shell with 2 tablespoons beef mixture, then top with lettuce, tomato, green pepper and cheese*

***Hint:** *If desired, arrange taco shells in oblong baking dish; fill as directed above. Heat 3 to 4 minutes on POWER LEVEL 7 until cheese is melted.*

BARBECUED BEEF SANDWICHES

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 4 min.
Yield: 4 servings

½ to ¾ pound sliced cooked roast beef
8 slices rye bread or 4 hamburger rolls
¼ to ½ cup barbecue or chili sauce

1. Arrange ½ beef on 4 slices bread; spread generously with barbecue sauce. Top with remaining beef, then bread.
2. Wrap each sandwich in paper napkin; arrange on glass oven tray. Heat 3 to 4 minutes on POWER LEVEL 7 until heated through.

Note: **For TWO sandwiches,** *follow above procecure. Halve all ingredients; heat 1½ to 2 minutes on POWER LEVEL 7.*
For ONE sandwich, *heat 1 to 1¼ minutes on POWER LEVEL 7.*

REUBEN DELI

Power Level: 9
7 (MEDIUM-HIGH)
Approx. Cooking Time: 4 min.
Yield: 4 sandwiches

½ pound thinly sliced cooked corned beef
4 slices rye or pumpernickel bread
¼ cup creamy Russian dressing
1 can (8 oz.) sauerkraut, rinsed and drained
4 slices (rectangular) Swiss cheese, halved

1. Arrange corned beef on bread; top with dressing. Add sauerkraut and arrange sandwiches on paper towel lined glass oven tray. Heat 1½ to 2 minutes on POWER LEVEL 9, top with cheese.
2. Heat 1½ to 2 minutes on POWER LEVEL 7 until cheese is melted.

Hint: *If closed sandwich is desired, top with additional bread, wrap each sandwich in paper napkin and heat ½ to 1 minute on POWER LEVEL 7.*

Note: For TWO sandwiches, *follow above procedure; halve all ingredients. Heat sandwiches 1 to 1½ minutes on POWER LEVEL 9 and cheese 1 to 1½ minutes on POWER LEVEL 7.*
For ONE serving, *heat sandwich ½ to ¾ minute on POWER LEVEL 9 and cheese ½ to 1 minute on POWER LEVEL 7.*

RED DELICIOUS

Power Level: 9
7 (MEDIUM-HIGH)
Approx. Cooking Time: 5 min.
Yield: 4 servings

4 slices raisin bread, toasted
Mustard
½ pound sliced cooked ham
½ apple, sliced
4 slices American cheese

1. Spread bread with mustard; arrange on paper plate. Place ½ ham on bread; top with apple, then remaining ham. Heat 2 to 2¼ minutes on POWER LEVEL 9; top with cheese.
2. Heat 2 to 2½ minutes on POWER LEVEL 7 until cheese begins to melt.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat ham 1 to 1½ minutes on POWER LEVEL 9 and cheese 1½ to 2 minutes on POWER LEVEL 7.*
For ONE serving, *heat ham ½ to 1 minute on POWER LEVEL 9 and cheese ¾ to 1¼ minutes on POWER LEVEL 7.*

PIZZA ROLL SPECIAL

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 8 min.
Yield: 4 servings

1 pound ground beef
¼ cup finely chopped onion
½ cup spaghetti sauce
½ teaspoon salt
¼ teaspoon oregano
2 Italian rolls, split lengthwise (about 6 to 8-in. ea.)
Pizza Toppings*
½ to ¾ cup shredded Mozzarella cheese

1. In baking dish, crumble ground beef and stir in onion. Heat 3 to 4 minutes on HIGH until beef is browned, stirring once; drain. Stir in sauce, salt and oregano.
2. In oblong baking dish, arrange rolls; spoon on beef mixture. Top with Pizza Toppings, then cheese. Heat 3 to 4 minutes on POWER LEVEL 7 until cheese is melted and hero is heated through.

***Pizza Toppings**
Use your favorite combination: anchovies, canned sliced mushrooms, green pepper rings, sliced tomatoes or thinly sliced pepperoni.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat ground beef 2 to 2½ minutes on HIGH and cheese 2 to 2½ minutes on POWER LEVEL 7.*

SEAFARER'S SANDWICH

Power Level: 9
7 (MEDIUM-HIGH)
Approx. Cooking Time: 8 min.
Yield: 4 sandwiches

1 package (8 oz.) frozen fried fish fillets (4 fillets)
4 slices American cheese
½ cup coleslaw (optional)
4 hamburger rolls
4 tablespoons tartar sauce or cocktail sauce

1. In square baking dish, heat fillets* 2½ to 4½ minutes on POWER LEVEL 9, turning dish once.
2. Top with coleslaw and cheese; heat 2½ to 3½ minutes on POWER LEVEL 7 until cheese is melted. Place fillet in roll; top with tartar sauce.

***Hint:** *Fish heats well on microwave oven safe roasting rack set in oblong baking dish.*

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat fillets 1½ to 2 minutes on POWER LEVEL 9 and cheese 1¼ to 1¾ minutes on POWER LEVEL 7.*
For ONE Serving, *heat fillet ¾ to 1¼ minutes on POWER LEVEL 9 and cheese ½ to 1 minutes on POWER LEVEL 7.*

RYE DOGS

Power Level: 9
Approx. Cooking Time: 7 min.
Yield: 2 servings

1 can (8 oz.) pork and beans
1 tablespoon sweet pickle relish or catsup
4 frankfurters
2 slices rye bread
Mustard
2 slices bacon, crisp cooked and crumbled (see page 30)
¼ cup shredded Cheddar cheese

1. In small glass bowl, heat beans and relish, covered, 1½ to 2 minutes on POWER LEVEL 9 until heated through, stirring once.
2. Along one side of each frankfurter, make deep slits every ¾-inch. On paper towel lined paper plate, arrange franks cut-side out. Heat 2½ to 3 minutes on POWER LEVEL 9 until heated through and curled.
   Spread mustard on bread; place on serving plate.
3. Arrange two franks on each bread to form ring. Fill ring with beans; top with bacon and cheese. Heat 1 to 1¼ minutes on POWER LEVEL 9 until cheese begins to melt.

Variation: *Arrange cooked frankfurter on toasted English muffin half; fill center with heated sauerkraut and top with poppy seeds.*

SLOPPY JOES

Power Level: HIGH
HIGH→ 7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: 4 servings

1 pound ground beef
½ cup finely chopped onion
½ to ¾ cup catsup
¼ cup sweet pickle relish
Salt and pepper to taste
4 hamburger rolls

1. In baking dish, crumble ground beef and stir in onion. Heat 3 to 4 minutes on HIGH until beef is browned, stirring once; drain.
2. Stir in catsup, relish, salt and pepper. Heat, covered, 1½ to 2½ minutes on HIGH
3. Continue cooking on POWER LEVEL 7 an additional 3 to 4 minutes, stirring once. Serve in split hamburger rolls.

TEXAS TASTERS

Power Level: HIGH
Approx. Cooking Time: 7 min.
Yield: 2 servings

8 slices bacon
4 frankfurters
1 slice American cheese, cut into thin strips
4 frankfurter rolls

1. In oblong baking dish, heat bacon between of paper towel 2½ to 2¾ minutes on HIGH until partially cooked.
   Meanwhile, make lengthwise slit in each frankfurter, leaving ½-inch uncut on each end; make an "X" cut in each end.
2. Stuff slit with cheese; wrap 2 slices of bacon around each frankfurter and secure with wooden toothpicks.
   Discard paper towels from baking dish and arrange frankfurters in dish. Heat 2½ to 3½ minutes on HIGH until heated through. Remove toothpicks and serve in split rolls.

Note: For ONE serving, *follow above procedure; halve all ingredients. Heat bacon 1 to 1¼ minutes on HIGH and frankfurters 1½ to 1¾ minutes on HIGH.*

POTATO PORK DOGS

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: 2 servings

2 frankfurters
⅓ cup water
1 tablespoon milk
2 teaspoons butter or margarine
Dash dry mustard powder (optional)
⅔ cup instant mashed potato flakes
Pork flavored seasoned coating mix

1. In small glass bowl, heat water, milk, butter and dry mustard 1 to 1½ minutes on HIGH until boiling. Stir in instant mashed potatoes; cool
   Meanwhile, cut "X" slit in ends of frankfurters.
2. Pat potato mixture around frankfurters, leaving ends exposed; roll in coating mix. On paper plate, arrange coated frankfurters; heat 2¼ to 2¾ minutes on HIGH. If potato coating cracks, Press together with fingers.

SUPER-SURPRISE BURGERS

Power Level: 9
Approx. Cooking Time: 7 min.
Yield: 4 servings

1 pound ground beef
½ teaspoons salt
½ teaspoon pepper
Surpirse Fillings*
4 hamburger rolls

1. Combine ground beef, salt and pepper; shaped into 8 thin patties. Arrange Surprise Filling on 4 patties; top with remaining patties, sealing edges tightly.
2. In square baking dish lined with paper towel, arrange burgers; heat, covered with paper towel, 5 to 7 minutes on POWER LEVEL 9. Let stand, covered, 2 minutes before serving in split rolls.

***Surprise Fillings:**
Use one of the following cheese, onion or tomato slice, sliced mushrooms, pickle slices or chopped olives.

 Pictured on the following page: Boston Brown Bread, Cherry Brunch Rolls, Graham Streusel Coffee Cake, Morning Muffins, Other Breads

Breads, Muffins and Coffee Cakes

Special Hints for Baking Quick Breads, Muffins and Coffee Cakes 129
Preparing Bread Mixes 129
Proofing (Raising) Frozen Bread Dough 129
Proofing (Raising) Yeast Bread 129

BREADS

Chili Cheese Corn Bread 130
Corn Bread 130
Basic Nut Bread 130
Caraway Bread 130
Crispy Croutons 131
Cherry Brunch Rolls 131
Southern Cheese Bread 131
Boston Brown Bread 131
Pecan Buns 131

MUFFINS

Pumpkin Pecan Muffins 132
Peachy Muffins 132
Morning Muffins 132
Jam Muffins 132
Raisin Bran Muffins 133
Quick Muffins 133

COFFEE CAKES

Cranberry Coffee Cake 133
Banana Nut Coffee Cake 133
Graham Streusel Coffee Cake 134
Marmalade Gingerbread 134

Piping hot bread, thickly sliced with melting butter, caramel-nut coffee cake and blueberry muffins . . . sound good? And all prepared within 5 to 15 minutes.
Your microwave oven gives you the convenience and flexibility to serve all-time favorites in a flash.
If you use frozen pastries, your in for a pleasant surprise . . . one of speed and efficiency.

SPECIAL HINTS FOR BAKING QUICK BREADS, MUFFINS AND COFFEE CAKES

Follow the steps below to guarantee your baked goods will be the best ever!

- Prepare batter according to package or recipe directions.
- Use glass baking dish, Cake Bowl* or cupcake paper lined container as indicated in charts or recipes.
- Grease bottom of baking dish when coffee cake will be served from dish.
- Grease and line bottom of baking dishes with wax paper if inverting to remove from dish. DO NOT GREASE AND FLOUR DISHES
- Grease Cake Bowl.*
- Use cupcake paper-lined custard cups or Cupcaker* when cooking muffins.
- Check quick breads and coffee cakes halfway through cooking. If some areas are cooking faster than others, turn dish ½ turn; continue cooking.
- Test for doneness with a toothpick inserted near the center—it should come out clean.
- Let stand on flat surface, covered, 10 to 15 minutes to finish baking.
- Turn out of dish and carefully peel off wax paper to cool slightly or cool in dish 5 minutes.
- Store, covered, until ready to serve.

**Special microwave oven accessories.*

PREPARING BREAD MIXES

ITEM	POWER LEVEL SETTING	CONTAINER	COOK TIME (in min.)	STANDING TIME, COVERED (in min.)
Coffee cake (14 oz.)	7 (MEDIUM-HIGH)	8-in. round dish	9½ to 11½	10
Fruit Variety (16 to 19 oz.)	7 (MEDIUM-HIGH)	8-in. round dish	11½ to 13½	10
Cornbread (12 oz.)	7 (MEDIUM-HIGH)	8-in. round dish	7½ to 9½	10
Gingerbread	7 (MEDIUM-HIGH)	8-in. round or square dish or Microwave Cake Bowl* (6 cup)	7½ to 9½	5
Muffins (8 to 12 oz.) (heat 6 at a time)	5 (MEDIUM)	cupcake paper in individual custard cups or Cupcaker*	4½ to 5½	5
Quick Bread (14½ to 17 oz.)	7 (MEDIUM-HIGH)	glass loaf dish, bottom lined with wax paper	10½ to 12½	15

PROOFING (RAISING) FROZEN BREAD DOUGH

- In 4-cup glass measure, heat 3 cups hot water 5 to 6 minutes on HIGH until boiling.
- In well greased 8 " ×4 " ×2½ " loaf dish, place 1 loaf (16 oz.) frozen bread dough; cover with wax paper.
- Arrange loaf dish in oven with hot water.
- Heat 20 minutes on POWER LEVEL 1 (WARM), let stand, covered, 10 minutes. Repeat procedure.
- Turn dough over and repeat procedure twice until dough has doubled in size.
- Bake conventionally according to package directions.

Note: *Bread can be proofed in 9" × 5" × 3" loaf dish, but will not raise as high.*

PROOFING (RAISING) YEAST BREAD

Take your favorite yeast bread recipe and follow these basic directions for proofing dough.

- Prepare dough according to recipe directions. Do not select a recipe that yields more than two (9 " ×5 " × 3 ") loaves.
- Fill a 4-cup glass measure with 3 cups water. Heat on HIGH for 5 to 6 minutes until water is boiling.
- Place glass measure in corner of oven; place dough in medium glass bowl, covered with wax paper.
- Heat 20 minutes on POWER LEVEL 1 (WARM). Remove dough from oven; let stand, covered with wax paper, 20 minutes.
- Reshape dough as recipe directs; repeat proofing procedure, if required (per recipe).
- Bake conventionally according to recipe directions.

BREADS

CHILI CHEESE CORN BREAD

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 8 min.
Yield: about 4 to 5 servings

1 egg
1 to 2 oz. canned green chilies, drained and chopped
¾ teaspoon salt
½ cup sour cream
2 tablespoons melted butter or margarine
½ cup yellow corn meal
¾ cup shredded sharp Cheddar cheese
½ cup whole kernal corn, drained
½ tablespoon baking powder
Dash of Tabasco sauce
Dash of pepper

1. Blend all ingredients, except green chilie and cheese, in a large glass bowl.
2. Grease a small oblong baking dish with butter and pour half of the batter into the dish.
3. Sprinkle batter with green chilies and ¼ cup of cheese. Reserve remaining cheese. Pour remaining batter over the chilies and cheese.
4. Top with remaining cheese and heat, uncovered, on POWER LEVEL 7 for 7 to 8 minutes. Let stand 3 to 5 minutes before serving.

CORN BREAD

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: about 3 to 4 servings

½ cup yellow corn meal
½ cup sifted flour
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup sour milk
1 tablespoon oil
2 tablespoons sugar
1 small egg

1. Sift flour, corn meal, sugar, baking powder, baking soda and salt together into a medium mixing bowl
2. Beat egg in a medium mixing bowl and add sour milk. Blend well. Combine milk-egg mixture with flour mixture and stir well. Blend in oil
3. Pour batter into a small, oblong baking dish and heat, uncovered, on POWER LEVEL 7 for 4 to 6 minutes until a knife inserted in the center comes out clean.

BASIC NUT BREAD

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: 1 loaf

½ cup sugar
3 tablespoons butter or margarine
2 eggs
¾ cup buttermilk
½ teaspoon vanilla extract
1½ cups all-purpose flour
¾ cup chopped nuts
1½ teaspoon baking powder
½ teaspoon salt
½ teaspoon ground cinnamon

1. Cream together sugar and butter; stir in eggs, buttermilk and vanilla. Add remaining ingredients, stirring only until flour is moistened.
2. Into 8 " ×4 " ×2½ " greased glass loaf dish, bottom lined with wax paper, spoon batter; sprinkle with additional cinnamon. Heat 8 to 9 minutes on POWER LEVEL 7, let stand, covered, 10 minutes.
3. Invert and remove wax paper; let stand 5 minutes. Store, covered, until ready to serve.

Variations: *Fold in any ½ cup of the following, tossed with 1 tablespoon flour:*
- *Blueberries*
- *Chopped apricots*
- *Cranberries*
- *Raisins*

CARAWAY BREAD

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 6 servings

3 cups all-purpose flour
3 tablespoons sugar
¾ teaspoon baking powder
3 tablespoons butter or margarine
1½ cup raisins
1 tablespoon caraway seeds
1 cup buttermilk
1 egg
¾ teaspoon baking soda

1. Sift together flour, sugar and baking powder; cut in butter. Stir in raisins and caraway. Combine buttermilk, egg and baking soda; add to dry ingredients, stirring only until flour is moistened.
2. On floured board, lightly knead dough until smooth, about 3 minutes. Shape into ball and place in 1-quart glass bowl, bottom lined with wax paper; cut an "X" across top of dough. Heat 9 to 10 minutes on POWER LEVEL 7, turning dish once. Let stand, 10 minutes; turn out of bowl. Let stand an additional 10 minutes; store, covered, until ready to serve.

CRISPY CROUTONS

Power Level: HIGH
Approx. Cooking Time: 7 min.
Yield: about 3 cups

6 slices pumpernickel or rye bread*
⅓ cup butter or margarine

1. In small glass bowl, heat butter 1 minute on HIGH until melted. Brush butter onto bread (one side only); cut bread into small cubes.
2. In oblong baking dish, arrange bread; drizzle with remaining butter. heat 5 to 6 minutes until bread is crispy, stirring twice. Let stand 10 minutes; store, covered, until ready to serve.

***Variation:** *Use your favorite kind of bread.*

CHERRY BRUNCH ROLLS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 5 min.
Yield: 10 rolls

¼ cup chopped marachino cherries
1 cup brown sugar
¼ cup flaked coconut
¼ teaspoon ground cinnamon
1 can (8 oz.) refrigerated biscuits
⅓ cup butter or margarine, melted

1. Combine ½ cup brown sugar, cherries, coconut and cinnamon; sprinkle into 8-inch or 1½-quart round baking dish with small glass inverted in center to form ring shape.
2. Dip each biscuit into melted butter and then in remaining brown sugar. Arrange biscuits on top of cherry mixture; sprinkle remaining sugar over ring. Heat 3½ to 4½ minutes on POWER LEVEL 7.
3. Remove glass; let stand, covered, 5 minutes before inverting on serving platter. Store, covered, until ready to serve.

SOUTHERN CHEESE BREAD

Power Level: HIGH→ 7 (MEDIUM-HIGH)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 14 min.
Yield: about 6 servings

½ cup yellow cornmeal
2 cups milk
¾ teaspoon salt
2 eggs
¼ pound American cheese, shredded
2 tablespoons butter or margarine

1. In medium glass bowl, combine cornmeal, milk and salt. Heat 3 minutes on HIGH, stirring once.
2. Continue cooking on POWER LEVEL 7 an additional 3 to 4 minutes until cornmeal is thickened, stirring once until smooth. Add eggs, cheese and butter, stiring until cheese and butter are almost melted.
3. Pour into greased 1-quart casserole dish and heat, covered, 6 to 7 minutes until set at POWER LEVEL 7. Let stand, covered, 10 minutes before serving.

BOSTON BROWN BREAD

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: 1 loaf

1 cup buttermilk
⅓ cup molasses
½ cup raisins
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup all-purpose flour
½ cup whole wheat flour
½ cup yellow cornmeal

1. Combine buttermilk and molasses; stir in raisins, baking powder, baking soda and salt. Add flours and cornmeal, stirring only until moistened. Pour batter into generously greased 30-ounce cylinder-shaped plastic container.
2. Cover loosely with plastic wrap; secure wrap with rubber band.
   Heat 8½ to 9½ minutes on POWER LEVEL 7; let stand, covered, 10 minutes.
3. Remove from container; let stand 5 minutes. Store, covered, until ready to serve.

PECAN BUNS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 8 buns

½ cup brown sugar
⅓ cup finely chopped pecans
1 teaspoon ground cinnamon
¼ cup butter or margarine, melted
1 can (8 oz.) refrigerated crescent dinner rolls

1. In small bowl, combine sugar, pecans and cinnamon. Unroll to 2 sections of dough but do not separate. On each long rectangle, spoon 1 teaspoon butter and 1 tablespoon pecan mixture; re-roll. Cut each into quarters, forming 8 buns. Dip each bun into butter and then into pecan mixture.
2. In 8-inch round baking dish, arrange biscuits in ring (do not place any in center); sprinkle remaining peacan mixture over ring.
3. Heat 4½ to 5½ minutes on POWER LEVEL 7; let stand, covered, 5 minutes before inverting onto platter. Cover until ready to serve.

MUFFINS

PUMPKIN PECAN MUFFINS

Power Level: 5 (MEDIUM)
Approx. Cooking Tim: 11 min.
Yield: 9 muffins

⅔ cup sugar
½ cup cooked pumpkin
1 egg
½ cup chopped pecans or walnuts
½ cup raisins
¼ cup milk
3 tablespoons oil
1 to 1¼ teaspoons pumpkin pie spice
⅛ teaspoon salt
1 cup all-purpose flour
1 teaspoon baking powder

1. Combine sugar, pumpkin, egg, pecans, raisins, milk, oil, pumpkin pie spice and salt; add flour and baking powder, stirring only until flour is moistened.
2. Fill 6 custard cups (6 oz. ea.)* lined with cupcake paper ⅔ full; arrange in circular pattern on glass oven tray.
3. Heat 6 to 7 minutes on POWER LEVEL 5, repeat procedure with remaining batter, filling 3 cups.
4. Heat 3½ to 4 minutes on POWER LEVEL 5. Let stand 5 minutes; store, covered, until ready to serve.

**Or use microwave oven safe Cupcaker accessory.*

PEACHY MUFFINS

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 9 min.
Yield: 9 muffins

1 can (8 oz.) sliced peaches, drained (reserve ¼ cup)
⅓ cup brown sugar
3 tablespoons butter or margarine
1 egg
1 cup flour
½ cup chopped pecans
1 teaspoon baking powder
½ teaspoon salt

1. Finely chop ¼ cup peaches; set aside. Cream together remaining peaches, sugar and butter; stir in egg and reserved syrup. Add flour, pecans, baking powder and salt, stirring only until flour is moistened; stir in chopped peaches.
2. Fill 6 custard cups (6 oz. ea.)* lined with cupcake paper ⅔ full; arrange in circular pattern on glass oven tray. Heat 4½ to 5½ minutes on POWER LEVEL 5; repeat procedure with remaining batter, filling 3 cups. Heat 2½ to 3 minutes on POWER LEVEL 5. Let stand 5 minute; store, covered, until ready to serve.

**Or use a microwave oven safe Cupcaker accessory*

MORNING MUFFINS

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 10 min.
Yield: 12 muffins

½ cup milk
½ cup oil
2 eggs
½ cup sugar
2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoons salt

1. Combine milk, oil, eggs and sugar; add remaining ingredients, stirring only until flour is moistened.
2. Fill 6 custard cups (6 oz. ea.)* lined with cupcake paper ⅔ full; arrange in circular pattern on glass oven tray.
   Heat 4 to 5 minutes on POWER LEVEL 5; repeat procedure with remaining batter.
3. Let stand 5 minutes. If desired, dip tops of muffins in melted butter, then in cinnamon sugar. Store, covered, until ready to serve.

**Or use a microwave oven safe Cupcaker accessory.*

Variations: *Add any ½ cup of the following tossed with 1 tablespoon flour:*
- *Blueberries*
- *Chopped nuts*
- *Raisins*

JAM MUFFINS

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 8 min.
Yield: 6 muffins

¼ cup shortening
¼ cup sugar
1 egg
¼ cup milk
1 cup all-purpose flour
¾ teaspoon baking powder
¼ teaspoon salt
2 tablespoons jam
2 tablespoons butter or margarine
2 tablespoons cinnamon sugar

1. Cream together shortening and sugar; stir in egg and milk. Add flour, baking powder and salt, stirring only until flour is moistened
2. Divide ½ batter into 6 custard cups (6 oz. ea.)* lined with cupcake paper; spoon 1 teaspoon jam into center of each. Top with remaining batter, spreading to cover jam.
3. Arrange dishes in circular pattern on glass oven tray.
   Heat 5 to 6 minutes on POWER LEVEL 5; let stand, covered, 3 minutes. Meanwhile, heat butter 1½ minutes on POWER LEVEL 5 until melted.
4. Dip tops of muffins in butter, then in cinnamon sugar. Store, covered, until ready to serve.

**Or use microwave oven safe Cupcaker accessory.*

RAISIN BRAN MUFFINS

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 12 min.
Yield: 12 muffins

2½ cups bran flakes cereal
1 cup milk
1¼ cup all-purpose flour
½ to ¾ cup raisins
⅓ cup sugar
1 tablespoon baking powder
½ teaspoon salt
¼ teaspoon ground cinnamon
1 egg
¼ cup oil

1. In large bowl, combine bran flakes and milk, stirring until flakes are moistened; let stand 2 to 3 minutes on POWER LEVEL 5.
2. Meanwhile, combine flour, raisins, sugar, baking powder, salt and cinnamon.
   Into cereal mixture, stir in egg and oil; and flour mixture, stirring only until flour is moistened.
3. Fill 6 custard cups (6 oz. ea.)* lined with cupcake paper ⅔ full; arrange in circular pattern on glass oven tray. Heat 5 to 6 minutes on POWER LEVEL 5; repeat procedure with remaining batter. Let stand 5 minutes; store, covered, until ready to serve.

**Or use microwave oven safe Cupcaker accessory.*

QUICK MUFFINS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 4 min.
Yield: 6 muffins

1 cup sifted buttermilk biscuit mix
1 tablespoon vegetable oil
1 small egg
⅜ cup of milk
2 tablespoons sugar

1. Combine milk, sugar, egg and oil in a small mixing bow. Blend well.
2. Add sifted biscuit mix to milk mixture and blend vigorously until all the flour is moistened.
3. Divide mixture into 6 custard cups or muffin pan and heat on POWER LEVEL 7 for 3 to 4 minutes. Rearrange muffins once during cooking.

COFFEE CAKES

CRANBERRY COFFEE CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: about 8 servings

1 can (8 oz.) whole berry cranberry sauce
6 tablespoons sugar
¼ cup chopped nuts (optional)
1 tablespoon butter or margarine, melted
2 cups buttermilk biscuit mix
1 cup orange juice or apple juice
1 egg

1. Combine cranberry sauce, 4 tablespoons sugar, nuts and butter; spread into 8-inch round baking dish, bottom lined with wax paper.
2. Combine biscuit mix, juice, egg and remaining sugar blending until smooth, about ½ minute. Pour batter over cranberry mixture; heat 10 to 11 minutes on POWER LEVEL 7. Let stand, covered, 10 minutes before inverting onto platter; carefully peel off wax paper.
3. Store, covered, until ready to serve. If desired, drizzle with Glzae* just before serving.

***Glaze:** *Combine 1 cup confectioners sugar, 1 to 2 tablespoons water and ½ teaspoon vanilla extract.*

BANANA NUT COFFEE CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 8 servings

¼ cup shortening, melted
¼ cup milk
1 egg
½ cup mashed ripe banana (about 1)
½ cup brown sugar
1 cup all-purpose flour
½ cup chopped nuts
¾ teaspoon baking powder
½ teaspoon salt
¼ teaspoon baking soda
Nut Topping*

1. Combine shortening milk, egg, banana and sugar; add flour, nuts, baking powder, salt and baking soda, stirring only until flour is moistened.
2. Pour into greased 8-inch round baking dish; sprinkle with Nut Topping. Heat 9 to 10 minutes on POWER LEVEL 7; let stand, covered, 10 minutes. Store, covered, until ready to serve.

***Nut Topping:** *Combine ¼ cup brown sugar, ¼ cup chopped nuts, 2 tablespoons flour and ⅛ teaspoon ground cinnamon; blend in 1 tablespoon softened butter or margarine.*

GRAHAM STREUSEL COFFEE CAKE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 18 min.
Yield: about 10 servings

½ cup butter or margarine
1 cup graham cracker crumbs
½ cup brown sugar
⅓ cup chopped nuts
¾ teaspoon ground cinnamon
1 package (18½ oz.) yellow cake mix
3 eggs
1 cup water
¼ cup oil
Vanilla glaze

1. In small glass bowl, heat butter ¾ minute on HIGH until melted; stir in crumbs, sugar, nuts and cinnamon. Spread ½ cup crumb mixture into each of two 8-inch round baking dishes, bottoms lined with wax paper.
2. With electric mixer, blend cake mix, eggs, water and oil at low speed ½ minute; beat at medium speed 3 minutes. Pour 1½ cups batter into each dish; sprinkle with remaining crumb mixture.
3. Pour in an additional ½ cup batter into each dish. Place one cake in refrigerator.
   Heat other cake 7½ to 8½ minutes on POWER LEVEL 7; repeat procedure. Let stand, covered, 10 minutes. With knife, loosen cake from sides of dish.
4. Invert one cake onto serving platter; carefully peel off wax paper. Invert second layer onto paper plate; carefully peel off wax paper.
5. Cover until cool; just before serving, spread ½ glaze on cake on serving platter; top with second layer. Drizzle with remaining glaze.

***Vanilla Glaze:** *Combine 2 cups confectioners sugar, 2 to 3 tablespoons water and 1 teaspoon vanilla extract.*

MARMALADE GINGERBREAD

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: about 8 servings

1 package (14 oz.) gingerbread mix
¾ cup orange juice
½ cup orange marmalade

1. Combine gingerbread mix, orange juice and marmalade; blend according to package directions.
2. Pour into greased 8-inch round baking dish; heat 7½ to 8½ minutes on POWER LEVEL 7. Let stand, covered, 10 minutes. Store, covered, until ready to serve.

Pictured on the following page: Pineapple Upside-Down cake, Double Butterscotch Brownies, Devil's Food Cake, Coconut Lemon Meringue Pie

Sweets and Treats

Special Hints for Successful Cakes and Cup Cakes 138
Preparing Cake Mixes 138
Preparing Pudding and Pie filling Mixes 139
Preparing Pie Crusts 139

CAKES AND FROSTINGS

Chocolate Pound Cake 139
Apples Spice Tarts 139
Apple Spice Ring 139
Apple Spice Cake 139
Caramel Cream Frosting 140
Butter Cake 140
Fruit Cake 140
Crumb Cake 140
Coconut Nut Topping for Cake 140
Almond Coconut Macaroon Cupcakes 141
Cider Spice Cake 141
Pecan Loaf 141
Creamy Cheese Cake 141
Chocolate Cheese Cake 141
Fruit-Topped Cheese Cake 141
Praline Cheese Cake 141
Pinwheel Cheese Cake 141
Carrot Spice Cake 142
Pineapple Upside-Down Cake 142
Devil's Food Cake 142
German Chocolate Upside-Down Cake 142
Homemade German Chocolate Cake 142
Festive Rum Cake 143
Steamed Date-Nut Pudding 143
Super Chocolate Frosting 143
Plantation Coconut Cake 143

COOKIES

Apple Fudge Brownies 144
Cho'co Grahams 144
Six Layer Bars 144
Nutty Chip Chews 144
Quick Bar Cookies (From Mix) 144
Crispy Mashmallow Treats 144
Marble Brownies 145
Double Butterscotch Brownies 145

CUSTARDS AND PUDDINGS

Quick Rice Pudding 145
Chilled Chocolate Almond Souffle 145
Egg Custard 146
Caramel Custard 146
Puritan Pudding 146
Strawberry Souffle 146
Raisin Bread Pudding 146

PIES

Grasshopper Pie 147
Chocolate Rocky Road Pie 147
Coconut Lemon Meringue Pie 147
Fruit Pie 147
Fresh Peach Pie 147
Fresh Apple Pie 147
Mama's Nut Pie 148
Great Grape Pie 148
Pumpkin Pie 148
Pecan Pie 148
Orange Mandarin Chiffon Pie 148
Cranberry Pie 149
Deep Dish Apple Pie 149

CANDIES

Spicy Raisin Drops 149
Almond Butter Crunch 149
Pecan Pralines 150
Peanut Brittle 150
Fast Fixin Chocolate Fudge 150
Rocky Road Fudge 150
Butterscotch Fudge 150
Chocolate Fudge 150
Toffee Fondue 150
Sweet Spiced Nuts 151
Raisin Clusters 151
Elephant Clusters 151
Chinese Clusters 151

FRUIT DESSERTS

Baked Grapefruit 151
Baked Apples 151
Curried Fruit Compote 151
Chunky Apple Sauce 152
Caramel Apples 152
Brandied Peaches 152
Spicy Apples'n Oats 152
Fruit Cobbler 152
Fresh Peach Cobbler 152
Quick Fruit Cobbler 152
Breakfast Fruit Tart 153
Gingerbread Pear Cobbler 153
Pears with Caramel Sauce 153

Something sweet after a delicious meal or for a special occasion can now be prepared on a moments notice. Candies, pies and cookies can always be available for after school snacks, the ladies bridge club or for any holiday season. Easy-to-follow recipes combined with the efficiency of microwave cooking makes arduous cooking an easy and pleasurable task for you.
Any day can be a holiday now, Our specially selected recipes will satisfy and surprise the most demanding.

SPECIAL HINTS FOR SUCCESSFUL CAKES AND CUPCAKES

Cake batters for layer cakes are best when baked in single layers, one at a time. The entire mix can be prepared in a greased large glass bowl, with an inverted glass in the center to form a tube shape, or 10 or 12-cup glass Bundt dish (be sure to also grease the glass "tube"). A microwave oven safe cake bowl* (6 cup) can be used to bake small "tube" cakes with 2 cups batter or single layer cake mixes.

When baking cupcakes, use custard cups lined with cupcake paper or set cupcake paper in microwave oven safe Cupcaker*; fill paper only ½ full. Arrange cups on glass oven tray in circular pattern if not using cupcaker. Follow these easy steps.

- Prepare batter according to package or recipe directions.
- Use glass baking dish, Cake Bowl or cupcake paper lined container as indicated in charts or recipes.
- Use a large glass bowl with an inverted glass in the center or glass Bundt dish when baking all the batter at one time. Turn dish once during cooking.
- Grease and line bottom of baking dishes with wax paper if the cake will be inverted.(layer cake, upside down cake, etc.)DO NOT GREASE AND FLOUR DISHES.
- Grease the Cake Bowl, glass "tube" bowl, or serve-from-dish cakes (brownies, etc.).
- Use 2 cups batter in each layer or in the 6-cup Cake Bowl. Do not fill any container more than ½ full.
- Bake cupcakes with any remaining batter.
- Heat layers one at a time. IMPORTANT: Refrigerate any remaining batter until ready to heat.
- Test cake doneness with toothpick inserted near the center—it should come out clean. Cake should also pull away from sides of dish.
- Let stand on flat surface, covered, 10 minutes.
- Turn out of dish and carefully peel off waxed paper to cool slightly or cool in dish.
- Store, covered, until serving.
- Frost, if desired, when completely cooled.

** Special microwave oven accessories.*

PREPARING CAKE MIXES

ITEM	CONTAINER	COOK TIME (in min.) on POWER LEVEL 7 (MEDIUM-HIGH)
Basic Cake (17 to 18½ oz.)	8 or 9-inch round or square cake dish or Microwave Cake Bowl (2 C batter)	4 to 6
	"tube" dish or 10 or 12-cup glass Bundt dish (all batter)	12 to 14
Brownies (15 oz.) (cake-like or fudge-like)	9-inch round or square cake dish	8 to 10
Bundt-type cake (17 to 18½ oz.)	"tube" dish or 10 or 12-cup Bundt dish	12½ to 14½
Cake Mix with pudding mix included (18¾ to 20¼ oz.)	8 or 9-in. round cake dish (2 C batter)	6 to 7½
	"tube" dish or 10 or 12-cup Bundt dish (all batter)	13½ to 15
Cupcakes	Cupcake paper in individual custard cups or Cupcaker	
	1	¾ to 1½
	2	1 to 2
	4	2½ to 3½
	6	3 to 4
Mix-in-Dish Cake (15 oz.)	8 or 9-in. round or square cake dish	8½ to 10½

PREPARING PUDDING AND PIE FILLING MIXES

- Combine ingredients according to package directions.
- Use a glass container twice the volume of the mix.
- Heat on POWER LEVEL 7 (MEDIUM-HIGH) for time given in chart, stirring twice during the cooking.
- Serve chilled.

PUDDING AND PIE FILLING MIX	COOK TIME (in min.) on POWER LEVEL 7 (MEDIUM-HIGH)
Regular Pudding and Pie Filling	
2 servings (about 3 to 4 oz.)	7 to 9
6 servings (about 5 to 5½ oz.)	11 to 13
Rice Pudding (3¾ oz.)	7 to 9
Egg Custard (3 oz.)	7 to 9
Tapioca Pudding (3¼ oz.)	7 to 9

PREPARING PIE CRUSTS (8 or 9-inch single crust)

- Lightly grease glass pie plate before lining with pastry.
- Before cooking, prick bottom and sides of pastry with fork and brush with dark corn syrup (for sweet fillings), vanilla (for non-sweet), Worcestershire or soy sauce.
- If desired, substitute ½ cup whole wheat flour for ½ cup all-purpose flour when preparing pastry from scratch.
- For frozen crust, put into a 8 or 9-inch glass pie plate; heat ½ minute, then prick crust and brush (as directed above).
- Recipe testing for graham cracker crust was prepared with ¼ cup butter (softened), 1¼ cup crumbs and ¼ cup sugar.
- Let stand to cool (chill crumb crusts).

ITEM	COOK TIME (in min.) on HIGH
From Scratch or Mix	3½ to 5
Frozen	4 to 5½
Graham Cracker or Cookie Crumb	1½ to 2

CAKES AND FROSTINGS

CHOCOLATE POUND CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 15 min.
Yield: about 12 servings

1 package (18½ oz.) chocolate cake mix*
1 package (4½ oz.) instant chocolate pudding mix*
4 eggs
1 cup water
¼ cup oil

1. In large bowl, combine all ingredients; with electric mixer, beat at medium speed 4 minutes.
2. In greased 10 or 12-cup Bundt dish, pour batter; heat 13 to 15 minutes on POWER LEVEL 7, turning dish once; let stand, covered, 15 minutes before inverting onto serving platter; let stand, covered, until cool.

***Variation:** *Use yellow cake mix and instant lemon pudding mix for chocolate cake and pudding mixes.*

APPLES SPICE TARTS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min. per batch
Yield: 12 tarts

1 can (21 oz.) apple pie filling
¼ cup raisins (optional)
1 package (18 oz.) spice cake mix
2 eggs
1⅓ cups water
Sweetened whipped cream or whipped topping

1. In each of 4 greased custard cups (10 oz. ea.), spoon 1½ tablespoons pie filling and 1 teaspoon raisins.
   Prepare cake mix according to package directions using eggs and water; spoon ½ cup batter in to each cup.
2. Arrange on glass oven tray in circular pattern. Heat 9½ to 10½ minutes on POWER LEVEL 7 until tarts are done, rearranging dishes once. Let stand, covered, 10 minutes.
3. Repeat procedure twice with remaining ingredients. (Refrigerate batter between cooking times). To serve, loosen edge of each tart and invert onto serving plate; garnish with whipped cream.

Variations:
For APPLE SPICE RING, *spoon ½ cup pie filling and ¼ cup raisins into greased 6-cup glass Bundt dish (or microwave cake bowl); use 2 cups cake batter. heat 5½ to 6½ minutes on POWER LEVEL 7.*

For APPLE SPICE CAKE, *spoon 1 cup pie filling and ⅓ cup raisins into greased 10 or 12-cup glass Bundt dish; use all the batter. Heat 13½ to 15 minutes on POWER LEVEL 7, turning dish once.*

CARAMEL CREAM FROSTING

Power Level: HIGH
Approx. Cooking Time: 2 min.
Yield: to frost single layer

8 caramels
1½ to 2 tablespoons water
1 package (3 oz.) cream cheese, softened
2 cups confectioners sugar

1. In medium glass bowl, heat caramel and 1 tablespoon water 1½ to 2 minutes on HIGH; stir until smooth.
2. With electric mixer, blend in cream cheese, then sugar; add ½ to 1 tablespoon water to reach desired consistency.

BUTTER CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: 1 layer

⅔ cup sugar
¼ cup butter or margarine, softened
1 egg
⅔ cup milk
1 teaspoon vanilla extract
1 cup all-purpose flour
1½ teaspoon baking powder
¼ teaspoon salt

1. Cream together sugar and butter; add egg, milk and vanilla. Add remaining ingredients, stirring until smooth.
2. Pour batter into greased 8 or 9-inch round baking dish*. Heat 7 to 8½ minutes on POWER LEVEL 7; let stand, covered, 10 minutes. Store, covered, until cool.

***Hint:** *If inverting cake and then frosting, line bottom of dish with wax paper. Turn out of dish before storing, covered. Cool completely before frosting.*

FRUIT CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 18 min.
Yield: about 5 to 6 servings

6 eggs
⅓ cup firmly packed dark brown sugar
6 cups coarsely chopped walnuts
⅓ cup brandy
3 tablespoons honey
1¾ cups diced red candied cherries
1¾ cups diced green candied cherries
¾ cup softened butter or margarine
¾ cup flour
¾ teaspoon salt
¾ teaspoon baking powder
¾ teaspoon nutmeg
¾ teaspoon allspice

1. Sift flour, salt, baking powder, nutmeg and allspice together and set aside. Combine candied cherries and walnuts in another bowl. Set aside.
2. Cream butter in a large mixing bowl until smooth. Gradually beat in honey and sugar until smooth. Blend in eggs one at a time. Add flour mixture and beat until smooth. Beat in brandy. Fold in nut-cherry mixture.
3. Pour batter into a large, deep, casserole dish, cover with wax paper and heat on POWER LEVEL 7 for 16 to 18 minutes until a wooden toothpick comes out clean when inserted into the center. Let cake stand 20 minutes. Turn on to serving platter.

CRUMB CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: about 7 to 8 servings

2 cups sifted flour
2 eggs, well beaten
2 teaspoons baking powder
1½ teaspoons cinnamon
½ cup softened butter or margarine
½ cup of milk
1½ cups sugar

1. Sift sugar, flour, baking powder and cinnamon together. Add butter and mix thoroughly. Set aside 1 cup of flour mixture for crumb topping.
2. Add eggs and milk. Blend well
3. Pour batter into a lightly greased and floured 8-inch cake dish. Sprinkle the reserved crumb mixture on top and heat, uncovered, on POWER LEVEL 7 for 10 to 11 minutes until a wooden toothpick comes out clean when inserted into the center

COCONUT NUT TOPPING FOR CAKE

Power Level: HIGH
Approx. Cooking Time: 6 min
Yield: about 2¼ cups

¼ cup flour
1 cup evaporated milk
1 cup sugar
½ cup butter or margarine
1⅓ cups flaked coconut
1 cup chopped nuts
1 teaspoon vanilla extract

1. In medium glass bowl, combine milk, sugar, butter and flour; heat 4½ to 5½ minutes on HIGH until mixture is thickened, stirring twice.
2. Add remaining ingredients; cool until spreadable, stirring occasionally

ALMOND COCONUT MACAROON CUPCAKES

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 6 cupcakes

1½ cups shredded coconut
2 small egg white
3 tablespoons sifted flour
5 candied cherries (optional)
¼ teaspoon baking powder
⅓ cup sugar
¼ teaspoon almond extract

1. Combine coconut, 3 tablespoons sugar and 1 egg white in a small glass bowl. Heat on HIGH for ½ to 1½ minutes. While mixture is cooking, sift together flour and baking powder.
   Add to coconut mixture and stir in almond extract. Mix thoroughly. Fold in chopped almonds.
2. Beat remaining egg white until stiff. Gradually add 3 tablespoons sugar, 1 tablespoon at a time, and continue beating until stiff peaks form. Fold meringue into coconut mixture.
3. Spoon batter into paper-lined 6 muffin pan, top each cupcake with a cherry and heat, uncovered, 3 to 4 minutes on POWER LEVEL 7 until a toothpick comes out clean when inserted into the center of a cupcake.

CIDER SPICE CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 15 min.
Yield: 12 servings

2¼ cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground nutmeg
1 teaspoon salt
¾ teaspoon baking soda
1½ cups sugar
½ cup butter or margarine, softened
1 egg
1¼ cups apple cider or juice
1 cup raisins
2 tablespoons all-purpose flour
Confectioners sugar

1. Combine 2½ cups flour, cinnamon, cloves, nutmeg, salt and baking soda. With electric mixer, cream sugar and butter; add egg.
2. Alternately add flour mixture and cider, mixing until smooth; fold in raisins tossed with 2 tablespoons flour.
3. In greased 10 or 12-cup glass Bundt dish, pour batter; heat 13½ to 15 minutes on POWER LEVEL 7, turning dish once
4. Let stand, covered, 10 minutes, before inverting onto serving platter. Let stand, covered, until cool. Just before serving, sprinkle with confectioners sugar.

PECAN LOAF

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: about 3 to 4 servings

1 cup sifted cake flour
2 egg whites at room temperature
¾ cup of sugar
¼ cup vegetable oil
½ teaspoon vanilla
¼ cup coarsely chopped pecans
¾ teaspoon baking powder
½ teaspoon salt
¼ cup milk

1. Sift flour, sugar baking powder and salt together into a medium mixing bowl.
2. Blend in oil, milk and vanilla. Beat with an electric mixer at medium speed for 2 minutes.
   Scrape sides and bottom of bowl several times.
3. Add egg whites and beat an additional 2 minutes, fold in nuts.
4. Pour batter into a lightly greased and floured medium square baking dish and heat, uncovered, on POWER LEVEL 7 for 5 to 7 minutes until a wooden toothpick comes out clean when inserted into the center.

CREAMY CHEESE CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 8 servings

1 package (8 oz.) cream cheese, softened
½ cup sugar
1 egg
1 teaspoon vanilla extract
1 cup sour cream
9-inch graham cracker crumb crust, baked
(see page 139)

1. Combine cream cheese, sugar, egg and vanilla until smooth; stir in sour cream. Pour mixture into prepared crust; heat 8 to 10 minutes on POWER LEVEL 7 until center is almost set.
2. Chill at least 3 hours or overnight.

Variations:
For CHOCOLATE Cheese cake, *add 1 packet (1 oz.) pre-melted unsweetened chocolate to cream cheese mixture; increase sugar to ⅔ cup.*

For FRUIT-TOPPED Cheese cake, *top chilled pie with canned fruit pie filling.*

For PRALINE Cheese cake, *brush top of chilled pie with maple syrup; garnish with chopped pecans.*

For PINWHEEL Cheese cake, *heat ½ cup raspberry jam ½ minute on HIGH; swirl into pie before cooking.*

CARROT SPICE CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 12 min.
Yield: about 8 servings

1¼ cups all-purpose flour
1 cup brown sugar
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon ground allspice
½ teaspoon salt
1 cup shredded carrot
⅔ cup oil
2 eggs
½ cup crushed pineapple with syrup
1 teaspoon vanilla extract

1. Combine flour, sugar, baking powder, baking soda, cinnamon, allspice, salt and carrot; with electric mixer, stir in remaining ingredients and beat 2 minutes at medium speed.
2. Pour batter into greased 6-cup glass Bundt dish or 8 or 9-inch round baking dish with small glass inverted in center. Heat 10 to 11½ minutes on POWER LEVEL 7; let stand, covered, 10 minutes.
3. Store, covered, until ready to serve.

PINEAPPLE UPSIDE-DOWN CAKE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 26 min.
Yield: 2 (9-inch) layers

1 can (20 oz.) sliced pineapple, drained (reserved syrup)
½ cup butter or margarine
1 cup brown sugar
Maraschino cherries (optional)
1 package (18 oz.) yellow cake mix
Ingredients as cake package directs

1. In small glass bowl, heat butter 1 to 1½ minutes on HIGH until melted; stir in sugar. Into bottom of 2 (8 or 9-inch) round baking dishes, bottoms lined with wax paper, spread sugar-butter mixture; arrange pineapple and cherries.
2. Prepare cake mix according to package directions, using reserved syrup as part of water. Pour 2 cups batter into each dish. Place one dish in refrigerator. Heat other cake 10 to 12 minutes on POWER LEVEL 7; repeat procedure with remaining cake.
3. Let stand, covered, 10 minutes. With knife, loosen cake from sides of dish; invert into serving platter. Carefully peel off wax paper; store, covered, until ready to serve.

DEVIL'S FOOD CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: 1 layer

¾ cup sugar
¼ cup butter or margarine, softened
1 egg
⅔ cup hot water
1 cup all-purpose flour
¼ cup unsweetened cocoa
¾ teaspoon baking soda
½ teaspoon salt
½ teaspoon vanilla extract

1. With electric mixer, cream sugar and butter; and egg and water. Stir in remaining ingredients and blend until smooth.
2. Into greased round 8 or 9-inch baking dish *, pour batter. Heat 7½ to 9 minutes on POWER LEVEL 7; let stand, covered, 10 minutes.
3. Store, covered, until ready to serve.

***Hint:** *If inverting cake and then frosting, line bottom of dish with wax paper. Turn out of dish before storing, covered. Cool completely before frosting.*

GERMAN CHOCOLATE UPSIDE-DOWN CAKE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: about 8 servings

½ cup brown sugar
⅓ cup butter or margarine
Pecan halves
½ cup flaked coconut
2 tablespoons milk
Single layer chocolate cake mix *
Ingredients as cake package directs

1. In small glass bowl, heat sugar and butter ½ minute on HIGH until butter is melted; stir until smooth.
2. Into 8 or 9-inch round baking dish, bottom lined with wax paper, spread butter mixture; arrange pecans on top. Sprinkle with coconut and drizzle with milk.
3. Prepare cake mix according to package directions; pour over coconut. Heat 6½ to 8 minutes on POWER LEVEL 7; let stand, covered, 10 minutes. Insert onto serving platter; carefully peel off wax paper. Store, covered, until cool.

***Note:** *For HOMEMADE German Chocolate Cake, use Devil's Food Cake recipe (page 142), heat 9 to 10 minutes on POWER LEVEL 7.*

FESTIVE RUM CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 18 min.
Yield: about 15 servings

1 package (18½ oz.) yellow cake mix
1 package (3¾ oz.) instant vanilla pudding mix
1 cup finely chopped pecans or walnuts
4 eggs
½ cup water
½ cup oil
½ cup dark rum
Rum Glaze*

1. In generously greased 10 to 12-cup glass Bundt dish, sprinkle nut. With electric mixer, combine cake mix, pudding mix, eggs, water, oil and rum; beat at medium speed 4 minutes.
2. Pour batter evenly over nuts. Heat 12½ to 14 minutes on POWER LEVEL 7, turning dish once; let stand covered, 10 minutes. Prick top of cake; drizzle ½ Rum Glaze over cake (to absorb).
3. Invert cake onto serving platter and prick top and sides of cake; drizzle cake with remaining glaze. Stored, covered, until ready to serve.

*Rum Glaze

¼ to ⅓ cup dark rum
½ cup butter or margarine
1 cup sugar
¼ cup water

1. In 2-cup glass measure, heater butter ¾ to 1 minute on HIGH until melted.
2. Stir in sugar and water and heat 2 to 2½ minutes on HIGH until boiling; stir in rum.

STEAMED DATE-NUT PUDDING

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 8 servings

1¼ cups all-purpose flour
½ cup each chopped walnuts, dates and raisins
1 teaspoon ground cinnamon
½ teaspoon baking soda
½ teaspoon salt
¾ cup hot water
½ cup molasses
1 egg
2 tablespoons butter or margarine, melted

1. Combine flour, walnuts, dates, raisins, cinnamon, baking soda and salt; stir in water, molasses, egg and butter. Turn batter into greased 6-cup glass Bundt dish or 2-quart glass bowl with inverted glass in center.
2. Cover with plastic wrap; secure wrap with rubber-band. Heat 8 to 10 minutes on POWER LEVEL 7 until pudding is done. Let stand, covered, 10 minutes.
3. Invert onto serving platter; cover until cool. Serve, if desired with Vanilla Sauce (page 89) flavored with whiskey or brandy.

SUPER CHOCOLATE FROSTING

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 8 min.
Yield: about 1½ cups

2 squares (1 oz. ea.) unsweetened chocolate
1 can (14 oz.) sweetened condensed milk
1 tablespoon water
½ teaspoon salt
½ teaspoon vanilla extract

1. In medium glass bowl, heat chocolate 2 to 3 minutes on POWER LEVEL 5 until melted; stir in milk, water and salt. Heat 3½ to 4½ minutes on POWER LEVEL 5, stirring twice; stir in vanilla.
2. Place bowl in larger bowl filled with ice (or in sink with cold water). Beat until frosting is smooth and shiny; cool before frosting cake.

PLANTATION COCONUT CAKE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 14 min.
Yield: about 8 servings

1 package (18½ oz.) yellow cake mix
1 package (3¾ oz.) instant coconut cream or toasted coconut pudding mix
4 eggs
1 cup water
¼ cup oil
1 jar (12 oz.) strawberry or raspberry preserves
Creamy Glaze*
Flaked coconut

1. With electric mixer, combine cake mix, pudding mix, eggs, water and oil; beat at medium speed 4 minutes.
2. In greased 10 to 12-cup glass Bundt dish, pour batter; heat 12½ to 14 minutes on POWER LEVEL 7. Let stand, covered, 15 minutes before inverting onto serving platter. Let stand, covered, until cool.
3. Split cake into 3 layers; spread in between each layer with preserves. Drizzle with Creamy Glaze and top with coconut. Store, covered, until ready to serve.

***Creamy Glaze:** *Combine until smooth 1½ cups confectioners sugar, 2 to 2½ tablespoons milk and 2 tablespoons butter or margarine, softened. If desired, add 2 drops red food coloring.*

COOKIES

APPLE FUDGE BROWNIES

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 14 min.
Yield: about 16 brownies

½ cup butter or margarine
2 squares (1 oz. ea.) unsweetened chocolate
1 cup brown sugar
½ cup applesauce
2 eggs
1 teaspoon vanilla extract
1 cup all-purpose flour
½ teaspoon baking powder
¼ teaspoon baking soda
1 cup chopped apple (1 small) or chopped walnuts

1. In large glass bowl, heat butter and chocolate 1 to 2 minutes on HIGH until melted. Stir in sugar, applesauce, eggs and vanilla.
2. Gradually and flour, baking powder and soda; stir in apple. Pour into greased 8-inch round baking dish. Heat 10 to 12 minutes on POWER LEVEL 7.
3. Let stand, covered, 5 minutes; cool uncovered, 10 minutes. Store, covered, until ready to serve.

CHOC'O GRAHAMS

Power Level: HIGH
Approx. Cookimg Time: 1 min.
Yield: 4 cookies

8 graham cracker squares
2 milk chocolate candy bars (1⅛ oz. ea.), halved
4 marshmallows

1. For each cookie, arrange 1 graham cracker in center of paper napkin or paper towel; top wth chocolate and marshmallow. Cover with graham cracker and wrap in napkin.
2. Arrange seam-side down on glass oven tray and heat ¾ to 1 minute on HIGH; let stand 2 minutes before unwrapping.

SIX LAYER BARS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 12 min.
Yield: 32 bars

½ cup butter or margarine, melted
1½ cups graham cracker crumbs
1 can (14 oz.) sweetened condensed milk
1 package (6 oz.) semi-sweet chocolate pieces (about 1 cup)
1 can (3½ oz.) flaked coconut (about 1 cup)
1 cup finely chopped nuts

1. In each of 2 (8-inch) square baking dishes, pour ½ butter. Sprinkle with crumbs; pour condensed milk evenly over crumbs.
2. Top with chocolate, coconut and nuts; press down sightly.
   Heat, one dish at a time, 5 to 6 minutes on POWER LEVEL 7. Let stand, covered, 5 minutes; chill. Cut into square to serve.

NUTTY CHIP CHEWS

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: about 8 bars

¾ cup brown sugar
½ cup butter or margarine, softened
1 egg
¼ cup milk
1 teaspoon vanilla extract
½ teaspoon baking powder
1¼ cups all-purpose flour
½ cup chopped nuts
1 cup semi-sweet chocolate pieces

1. With electric mixer, cream sugar and butter; add egg, milk and vanilla. Stir in baking powder and flour until well blended; add nuts and ½ chocolate pieces.
2. Into greased 8-inch round baking dish, spread batter; top with remaining chocolate. Heat 7 to 8½ minutes on POWER LEVEL 7 until center is almost set. Let stand, covered, until cool. Store, covered, until ready to serve

QUICK BAR COOKIES (FROM MIX)

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 7 min.
Yield: about 16 bars

1 package (12 oz.) chocolate chip cookie mix
Ingredients as package directs

1. Prepare mix according to package directions. Spread dough into ungreased 8 or 9-inch round baking dish. Heat 5½ 6½ minutes on POWER LEVEL 7.
2. Let stand, covered, until cool. Store, covered, until ready to serve.

CRISPY MARSHMALLOW TREATS

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: about 2½ dozen

1 package (10 oz.) marshmallows
¼ cup butter or margarine
5 cups toasted rice cereal

1. In large glass bowl, heat marshmallows and butter 3 to 4 minutes on HIGH, stirring twice until smooth.
2. Add cereal and stir to coat well. press into greased oblong baking dish. Cool; cut into squares to serve.

Variation: *Stir in 1 cup salted peanuts or raisins with cereal.*

MARBLE BROWNIES

Power Level: 5 (MEDIUM)
7 (MEDIUM-HIGH)
Approx. Cooking Time: 19 min.
Yield: about 40 brownies

1 package (22½ to 23¾ oz.) fudge brownie mix
Ingredients as brownie package directs for fudge-type brownies
2 package (3 oz. ea.) cream cheese
2 tablespoons butter or margarine
1 egg
¼ cup sugar
1 tablespoon flour
½ teaspoon vanilla extract

1. Prepare fudge-type brownies according to package directions. Spread 1 cup butter into each of 2 greased (8 or 9-inch) round baking dishes.
2. In small glass bowl, heat cream cheese and butter 1½ to 2 minutes on POWER LEVEL 5 until softened; blend in remaining ingredients. Evenly divide cheese mixture into baking dishes; spoon remaining brownie batter on top. With knife, swirl gently to marble.
3. Place one dish in refrigerator. Heat other dish 7 to 8½ minutes on POWER LEVEL 7; repeat procedure with remaining dish. Let stand, covered, until cool; store, covered, until ready to serve.

DOUBLE BUTTERSCOTCH BROWNIES

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 14 min.
Yield: about 16 brownies

1 package (6 oz.) butterscotch flavored pieces
¼ cup butter or margarine
1 cup brown sugar
1 egg
¾ cup all-purpose flour
1 teaspoon baking powder
1 teaspoon vanilla extract
¾ cup chopped nuts
Few drops red and yellow food coloring

1. In medium glass bowl, heat butter 1 to 1½ minutes on HIGH until melted; stir in sugar, egg, flour, baking powder, vanilla and nuts.
2. Pour batter into greased 8 or 9-inch round baking dish. Heat 7 to 8½ minutes on POWER LEVEL 7, let stand, covered, 10 minutes.
3. Meanwhile, in small glass bowl, heat butterscotch 3 to 4 minutes on POWER LEVEL 7 until melted; add food coloring, stirring until smooth.
4. Spread over brownies; cut into squares to serve or store, covered, until ready to serve.

CUSTARDS AND PUDDINGS

QUICK RICE PUDDING

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 13 min.
Yield: about 6 servings

3 cups milk
½ cup packaged precooked rice
1 package (3 oz.) vanilla pudding and pie filling mix
3 tablespoon raisins*
¼ teaspoon ground cinnamon or nutmeg*

1. In 2-quart glass measure or bowl, combine all ingredients; heat, covered with wax paper, 11 to 13 minutes on POWER LEVEL 7 until pudding is thickened, stirring three times. Chill before serving.

***Variations:** *Use 1 tablespoon orange liqueur and ¼ cup chopped candied fruit for raisins and cinnamon.*

CHILLED CHOCOLATE ALMOND SOUFFLE

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 6 min.
Yield: about 8 servings

1 envelope unflavored gelatin
¾ cup sugar
3 eggs, separated
1 cup milk
2 squares (1 oz. ea.) unsweetened chocolate, melted*
¼ teaspoon almond extract
1 cup (½ pt.) whippin or heavy cream, whipped

1. In large glass bowl, mix gelatin and ½ cup sugar; stir in egg yolks beaten with milk. Heat 5 to 6 minutes on POWER LEVEL 5 until gelatin is dissolved, stirring occasionally. With wire whip, stir in chocolate and almond extract; chill until mixture mounds slightly, stirring occasionally.
2. Meanwhile, beat egg whites until soft peaks form; gradually add remaining sugar and beat until stiff. Fold in chocolate-almond mixture; fold in whipped cream.
3. Turn into small souffle dish with 2-inch collar or 6-cup bowl and chill until firm. Garnish, if desired, with slivered almonds and additional whipped cream.

***Hint:** *To melt chocolate in your microwave oven, see, Time-Saving Hints, page 167 .*

EGG CUSTARD

Power Level: 7 (MEDIUM-HIGH)
5 (MEDIUM)
Approx. Cooking Time: 14 min.
Yield: 6 servings

2 cups milk
4 eggs, beaten
¼ to ⅓ cup sugar
½ teaspoon vanilla extract
Ground nutmeg

1. In 1-quart glass measure, heat milk 4 to 5 minutes on POWER LEVEL 7 until scalded; quickly stir in eggs, sugar and vanilla. Pour into 6 greased custard cups (6 oz. ea.); sprinkle with nutmeg.
2. On glass oven tray, arrange dishes in circular pattern. Heat 7½ to 9 minutes on POWER LEVEL 5 until custard is set, rearranging dishes once. Let stand until cool.

Variation:
For CARAMEL CUSTARD, *in small glass bowl, heat ½ cup sugar and 3 tablespoons water on HIGH for 4 to 5 minutes until sugar is melted and light brown. Pour into greased custard cups, tilting cups to coat bottom. Proceed as directed above.*

PURITAN PUDDING

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 11 min.
Yield: 2 to 3 servings

½ tablespoon melted butter or margarine
1 cup of milk, divided
2 tablespoons molasses
1 small egg, beaten
2 tablespoons yellow corn meal
¼ teaspoon cinnamon
¼ teaspoon salt
1 tablespoon sugar
Vanilla ice cream
Dash of ground ginger

1. Pour ¾ cup of milk into a small casserole and heat on POWER LEVEL 5 for 2 to 3 minutes until milk is scalded. Combine corn meal, sugar, salt, cinnamon and ginger with hot milk, stirring well. Heat on POWER LEVEL 5 for 1½ to 2½ minutes. Stir once.
2. Beat egg, mollasses and butter together. Stir a small amount of the hot corn meal mixture into egg mixture. Return to casserole and stir well. Heat on POWER LEVEL 5 for 2½ to 3½ minutes.
3. Pour remaining milk over top of pudding and DO NOT stir. Heat, uncovered, on POWER LEVEL 5 for 1 to 2 minutes until set. Let stand covered, 5 to 10 minutes. Serve warm, topped with vanilla ice cream.

STRAWBERRY SOUFFLE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 6 to 8 servings

2 packages (10 oz. ea.) frozen sliced strawberries in hevy syrup, thawed* and drained (reserve syrup)
4 eggs, separated
2 envelopes unflavored gelatin
6 tablespoons sugar
6 drops red food coloring (optional)
1 cup (½ pt.) whipping or heavy cream, whipped
Water

1. Add water to reserved syrup to equal 1½ cups; stir in egg yolks. In large glass bowl, mix unflavored gelatin and 4 tablespoons sugar; stir in syrup mixture.
   Heat 5 to 6 minutes on POWER LEVEL 7 until gelatin is dissolved, stirring occasionally. Stir in food coloring and an additional 1 cup cold water.
2. Chill until mixture mounds slightly, stirring occasionally. Fold in strawberries. Beat egg whites until soft peaks form; gradually add remaining sugar and beat until stiff. Fold in gelatin mixture, then whipped cream. Turn into small souffle dish with 3-inch collar or 6 cup bowl; chill until firm.

***Hint:** To thaw frozen fruit in your microwave oven, see page 166.*

RAISIN BREAD PUDDING

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 25 min.
Yield: about 6 servings

2 cups milk
¼ cup butter or margarine
5 eggs, beaten
1 cup sugar
1 teaspoon vanilla extract
4 cups cubed raisin bread (about 16 slices)
⅛ teaspoon ground cinnamon

1. In 1-quart glass measure, heat milk and butter 4½ to 5½ minutes on POWER LEVEL 7 until milk is scalded; quickly stir in eggs, ½ cup sugar and vanilla.
2. Meanwhile, in 3-quart casserole with inverted glass in center, arrange bread cubes; sprinkle with remaining sugar and cinnamon. Pour milk-egg mixture over bread. Heat, covered, 17 to 19 minutes on POWER LEVEL 7 until pudding is set. Serve warm or chilled.

PIES

GRASSHOPPER PIE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 5 min.
Yield: about 8 servings

3 cups miniature marshmallows
½ cup milk or light cream
3 tablespoons cream de cocoa
3 tablespoons creme de menthe
1 cup (½ pt.) whipping or heavy cream, whipped
9-inch chocolate cookie crumb crust, baked (see page 139)

1. In large glass bowl, heat marshmallows and milk 3½ to 4½ minutes on POWER LEVEL 7; stir until smooth.
2. Stir in cream de cocoa and creme de menthe; chill until mixture mounds slightly. Fold in whipped cream and turn into prepared crust. Chill until firm.

CHOCOLATE ROCKY ROAD PIE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: about 8 servings

1 package (3⅝ oz.) chocolate pudding and pie filling mix
1¾ cups milk
1 to 1½ cups miniature marshmallows
½ to 1 cup coursely chopped walnuts
9-inch chocolate cookie crumb crust, baked (See page 139)

1. In 4-cup glass measure, combine pudding mix and milk; heat 7 to 8½ minutes on POWER LEVEL 7 until pudding is thickened, stirring twice.
2. Cool 5 minutes; fold in marshmallows and nuts. turn into prepared crust; chill until firm.

COCONUT LEMON MERINGUE PIE

Power Level: HIGH
Approx. Cooking Time: 10 min.
Yield: about 8 servings

1 package (3⅜ oz.) lemon pudding and pie filling
¾ cup sugar
2¼ cups water
2 eggs, separated
9-inch pastry shell, baked (see page 139)
1 egg white (optional)
⅓ cup toasted coconut*

1. In medium glass bowl, combine pudding mix and ½ cup sugar; stir in water and egg yolks. Heat 4½ to 6 minutes on HIGH until mixture is thickened, stirring twice; let cool 5 minutes.
2. Pour pudding into prepared crust; let cool 10 minutes. Meanwhile, beat egg whites until soft peaks form, gradually add remaining sugar and beat until stiff.
3. Spread meringue onto pie; sprinkle with coconut. Heat 3 to 3½ minutes on HIGH until meringue is set. Cool completely before serving.

***Hint:** *To toast coconut in your microwave oven, see Time-Saving Hints, page 167.*

FRUIT PIE

Power Level: 9
Approx. Cooking Time: 8 min.
Yield: about 8 servings

1 can (21 oz.) favorite pie filling
¼ cup raisins (optional)
1 teaspoon lemon or orange juice
⅛ teaspoon ground cinnamon
8 or 9-inch pastry shell, baked
½ cup all-purpose flour
¼ cup brown sugar
¼ cup butter or margarine, softened

1. Combine pie filling, raisins, lemon juice and cinnamon; pour into prepared crust.
2. Blend together remaining ingredients; crumble over filling. Heat 6 to 8 minutes on POWER LEVEL 9 until heated through; cool before serving.

FRESH PEACH PIE

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: about 8 servings

2 pounds fresh peaches, peeled and sliced**
½ cup brown sugar
½ tablespoon cornstarch
2 teaspoons lemon juice
½ teaspoon ground cinnamon (optional)
9-inch pastry shell, baked (see page 139)
Crumb Topping*

1. Toss peaches with sugar, cornstarch, lemon juice and cinnamon; arrange in prepared shell. Heat, covered, with wax paper, 4 to 6 minutes on HIGH until peaches are almost tender.
2. Sprinkle with Crumb Topping; heat 4 to 5 minutes on HIGH until topping is set. Let stand until cool.

***Crumb Topping:** *Combine ½ cup all-purpose flour, ⅓ cup brown sugar, ¼ cup butter or margarine, softened, ⅓ cup finely chopped nuts (optional) and ¼ teaspoon ground cinnamon.*

****Variation:** **For FRESH APPLE PIE,** *use 2 pounds apples for peaches.*

MAMA'S NUT PIE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 10 min.
Yield: about 8 servings

1 cup brown sugar
½ cup sugar
3 eggs
½ cup evaporated milk
½ cup chopped walnuts
1 teaspoon vanilla extract
⅛ teaspoon lemon extract
9-inch pastry shell, baked (see page 139)
Sweetened whipped cream or whipped topping

1. Combine sugars, eggs, milk, walnuts, and extracts; pour into prepared shell. Heat 8½ to 10 minutes on POWER LEVEL 7 until center is almost set.
2. Let stand, covered with wax paper, until cool. Just before serving, top with whipped cream.

GREAT GRAPE PIE

Power Level: HIGH
Approx. Cooking Time: 2 min.
Yield: about 8 servings

1 envelope unflavored gelatin
¾ cup water
1 can (6 oz.) frozen grape juice concentrate
1 cup (½ pt.) whipping or heavy cream, whipped
9-inch graham cracker crumb crust, baked* (see page 139)

1. In large glass bowl, sprinkle unflavored gelation over water; heat 1¼ to 1¾ minutes on HIGH until gelatin is dissolved, stirring twice.
2. Stir in grape juice concentrate until melted; chill until mixture mounds slightly, stirring occasionally.
3. Fold in whipped cream; turn into prepared crust and chill until firm. Garnish, if desired, with sugared grape clusters.

***Hint:** *When preparing ingredients for crust, add ¼ cup finely chopped nuts and ¼ teaspoon each ground allspice, cinnamon and nutmeg.*

PUMPKIN PIE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 22 min.
Yield: about 8 servings

1 can (16 oz.) cooked pumpkin
1 cup evaporated milk
2 eggs
½ cup sugar
¼ cup brown sugar
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves
9-inch pastry shell, baked (see page 139)

1. Combine pumpkin, milk, eggs, sugars, salt and spices.
2. Pour into prepared shell. Heat 20 to 22 minutes on POWER LEVEL 7 until center is almost set. Let stand, covered with wax paper, until cool.

PECAN PIE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 9 min.
Yield: about 8 servings

1 cup dark corn syrup
¼ cup brown sugar
3 eggs
2 tablespoons butter or margarine, melted
1 teaspoon vanilla extract
¾ cup chopped pecans
9-inch pastry crust, baked (see page 139)

1. Combine syrup, sugar, eggs, butter and vanilla; stir in pecans. Pour into prepared crust. Heat 7 to 9 minutes on POWER LEVEL 7 until pie is set.
2. Let stand until cool. Garnish, if desired, with sweetened whipped cream.

ORANGE MANDARIN CHIFFON PIE

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 6 min.
Yield: about 6 servings

1 envelope unflavored gelatin
⅓ cup sugar
4 eggs, separated
1 can (11 oz.) mandarin orange sections, drained (reserve ⅔ cup syrup)
2 tablespoons lemon juice
½ teaspoon grated lemon peel
½ cup sugar
9-inch graham cracker crumb crust, baked (see page 139)

1. In medium glass bowl, mix gelatin and ⅓ cup sugar; stir in egg yolks blended with reserved syrup, lemon juice and lemon peel. Heat 5 to 6 minutes on POWER LEVEL 5 until gelation is dissolved, stirring twice.
2. Chill until mixture mounds slightly, stirring occasionally. Meanwhile, beat egg whites until soft peaks form; gradually add ½ cup sugar and beat until stiff.
3. Fold in gelatin mixture and ½ oranges; turn into prepared crust. Chill until firm; garnish with remaining oranges.

CRANBERRY PIE

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 12 min.
Yield: 8 servings

1½ cups fresh or frozen cranberries, thawed
1 egg
1 tablespoon butter or margarine
½ cup melted butter or margarine
½ cup flour
⅓ cup sugar
¼ cup sugar
¼ cup chopped walnuts or pecans
¼ cup firmly packed brown sugar

1. Grease a 9-inch pie plate with 1 tablespoon of butter. Mix cranberries and ⅓ cup of sugar in a small mixing bowl and pour into pie plate. Cover with wax paper and heat on HIGH for 2 minutes until berries are tender.
2. Beat egg, brown sugar, flour, ½ cup melted butter and ¼ cup sugar until well blended.
3. Sprinkle chopped nuts over cranberries and pour batter over chopped nuts. Smooth batter with a spatula and heat, uncovered, on POWER LEVEL 7 for 9 to 10 minutes until top appears dry.

DEEP DISH APPLE PIE

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: 3 to 4 servings

2½ cups of baking apples, peeled and sliced
¼ cup milk
¼ cup sugar
1 tablespoon sugar
1½ tablespoons water
¼ teaspoon cinnamon
½ cup buttermilk biscuit mix

1. Combine apples, ¼ cup sugar, water and cinnamon in a deep, medium casserole dish. Stir thoroughly and heat for 1½ to 2½ minutes, covered, on HIGH.
2. While apples are cooking, combine biscuit mix, 1 tablespoon sugar and milk in a small mixing bowl. Stir with a fork until biscuit mix is moistened.
3. Drop biscuit batter on to hot apples by the spoonful. Cover and heat on HIGH for 2½ to 3½ minutes until topping is no longer doughy on the bottom side. Serve hot with a scoop of ice cream, if desired.

CANDIES

SPICY RAISIN DROPS

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: about 2½ to 3 dozen.

¼ cup melted butter or margarine
¼ cup chopped nuts
½ cup brown sugar, firmly packed
¼ cup raisins
1 small egg, beaten
¼ teaspoon nutmeg
2 tablespoons cold coffee or milk
½ teaspoon cinnamon
¼ teaspoon salt
¼ teaspoon baking soda
1¼ cups all-purpose flour

1. Combine sugar, egg and coffee with melted butter. Blend well. Add all remaining ingredients. Mix well.
2. Cover a piece of cardboard, 11 ×14 inches with wax paper. Drop 16 rounded teaspoons of batter on the cardboard, evenly spaced. Heat on HIGH for 2½ to 3 minutes until raisin drops are done. Rotate cardboard ½ turning once during cooking. Remove raisin drops to cooling rack. Repeat procedure with remaining batter.

ALMOND BUTTER CRUNCH

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: about 1¼ pounds

½ cup butter or margarine
1½ cups sugar
3 tablespoons water
1 tablespoon light corn syrup
4 bars (1⅕ oz. ea.) milk chocolate bars
½ cup finely chopped almonds

1. In 3-quart pyroceramic casserole dish, heat butter 1½ to 2 minutes on HIGH until melted; stir in sugar, water and corn syrup. Heat 8 to 9 minutes on HIGH until mixture reads 290°F (soft crack stage) when tested with candy thermometer * Pour onto well greased wax paper; let stand ½ minute.
2. Arrange chocolate on candy; as chocolate melts, spread evenly over candy. Top with nuts, pressing nuts into chocolate. Chil until chocolate is set; break into small pieces.

***Important:** *Do not use candy thermometer in dish while operating the microwave oven.*

PECAN PRALINES

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: about 1½ dozen

1 cup brown sugar
1 cup sugar
⅓ cup light corn syrup
¼ cup water
1½ cups coarsely chopped pecans
1 tablespoon butter or margarine
1 teaspoon vanilla extract

1. In medium glass bowl, combine sugars, corn syrup and water; heat 7 to 9 minutes on HIGH until mixture reads 238°F (soft ball stage) when tested with candy thermometer*.
2. Stir in pecans, butter and vanilla. Let stand 2 minutes. Drop by tablespoonful onto well greased wax paper lined cookie sheet; chill until set.

***Important:** *Do not use candy thermometer in dish while operating the microwave oven.*

PEANUT BRITTLE

Power Level: HIGH
Approx. Cooking Time: about 16 min.
Yield: about 1½ pounds

1 jar (8¼ oz.) dry roasted peanuts (about 1½ cups), coarsley chopped
½ cup water
2 tablespoons butter or margarine
1½ cups sugar
2 tablespoons molasses
1 teaspoon baking soda

1. In 3-quart pyroceramic casserole dish, heat water and butter 1½ to 2 minutes on HIGH until boiling; stir in sugar and molasses. heat 13 to 14 minutes on HIGH until mixture reads 300°F when tested with candy thermometer*
2. Quickly stir in peanuts and baking soda, stirring until soda foams. Pour onto well greased cookie sheet; spread thin. Let stand until candy is hardened; break into small pieces.

***Important:** *Do not use candy thermometer in dish operating the microwave oven.*

FAST FIXIN CHOCOLATE FUDGE

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: about 3 pounds

2 packages (16 oz. ea.) confectioners sugar
1 cup unsweetened cocoa
½ cup milk
1 cup butter or margarine
1½ cup chopped nuts (optional)
2 tablespoons vanilla extract

1. In large bowl, mix sugar and cocoa. Add milk and butter (do not stir). Heat 4½ to 6 minutes on HIGH until butter is melted; add nuts and vanilla, stirring until smooth.
2. Spread into well greased square baking dish; chill until firm. Cut into squares to serve.

Note: For 1½ pounds Fudge, *follow above procedure. Halve all ingredients, heat 2 to 3 minutes on HIGH; pour into greased loaf dish.*

Variation:
For ROCKY ROAD Fudge, *coarsely chop nuts and add 1 cup miniature marshmallows.*

BUTTERSCOTCH FUDGE

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: about 3 pounds

3 cups sugar
¾ cup butter or margarine
1 can (5⅓ oz.) evaporated milk
1 package (12 oz.) butterscotch flavored pieces*
1 jar (7½ oz.) marshmallow creme
1 cup chopped walnuts
1 teaspoon vanilla extact
10 drops yellow food coloring (optional)
1 drop red food coloring (optional)

1. In 2½-quart casserole dish, combine sugar, butter and milk; heat 9 to 10½ minutes on HIGH until sugar is dissolved, stirring twice.
2. Add remaining ingredients and stir until butterscotch is melted. Turn into well greased oblong baking dish. Chill until firm; cut squares to serve.

***Variation:**
For CHOCOLATE Fudge, *use 1 package (12 oz.) semi-sweet choloate pieces; omitfood coloring.*

TOFFEE FONDUE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: about 6 servings

1 package (14 oz.) caramels
¼ cup strong coffee
2 to 4 tablespoons milk
½ cup milk chocolate pieces (optional)
Dippers*

1. In medium glass bowl, combine caramels, coffee, milk and chocolate. Heat 5 to 6 minutes on POWER LEVEL 7, stirring twice until smooth.
2. Serve with assorted Dippers. If Fondue gets cool, reheat 1 to 2 minutes.

***Dippers:** *Apple and pear slices, banana chunks, large marshmallows, angel food or yellow cake, cut into 1½-inch cubes.*

SWEET SPICED NUTS

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: about 1½ cups

½ cup brown sugar
1½ tablespoons water
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground allspice
⅛ teaspoon ground cloves
⅛ teaspoon ground nutmeg
1½ cups almonds, cashew, pecan halves or walnut halves or combination

1. In 2-quart casserole dish, combine sugar, water, salt, cinnamon, allspice, cloves and nutmeg. Heat 1 to 1½ minutes on HIGH until sugar is melted; stir in nuts.
2. Place nuts in wax paper lined oblong baking dish. Heat 3½ to 4½ minutes on HIGH until syrup begins to harden; let stand to completely harden.
3. Break into small pieces and store in airtight container.

RAISIN CLUSTERS

Power Level: 5 (MEDIUM)
Approx. Cooking Time: 4 min.
Yield: about 2 dozen

8 squares (1 oz. ea.) semi-sweet chocolate
⅔ cup sweetened condensed milk
1 cup raisins*

1. In medium glass bowl, heat chocolate 3 to 4 minutes on POWER LEVEL 5 until chocolate is melted; stir in milk until smooth, then raisins.
2. Drop by teaspoonful onto greased wax paper line cookie sheet; chill.

***Variations:**
For ELEPHANT Clusters, *use 1 cup unsalted peanuts for raisins.*

For CHINESE Clusters, *use 1 cup crisp chow mein noodles.*

FRUIT DESSERTS

BAKED GRAPEFRUIT

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: 4 servings

2 medium grapefruits
8 teaspoons brown sugar, sugar or maple syrup
Ground cinnamon

1. With sharp knife, cut each grapefruit in half; remove seeds and cut around each section.
2. On glass oven tray arrange grapefruit; sprinkle with brown sugar. Heat 3½ to 4½ minutes on HIGH; sprinkle with cinnamon before serving.

Note: For TWO Servings, *follow above procedure. Halve all ingredients; heat 2 to 3 minutes on on HIGH.*
For ONE serving, *heat 1 to 2 minutes on HIGH.*

BAKED APPLES

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: 4 servings

4 large baking apples (about 6 oz. ea.)
¼ cup brown sugar
2 tablespoons finely chopped nuts or raisins
¼ teaspoon ground cinnamon
2 tablespoons butter or margarine
¼ cup water

1. Core apples, leaving small plug in blossom end; peel skin 1-inch from top. Combine sugar, nuts and cinnamon; fill apples with mixture.
2. In baking dish, arrange apples; dot with butter and sprinkle with water. Heat, covered, 6 to 7½ minutes on HIGH, turning dish once. Let stand 5 minutes; serve warm or chilled, spooning sauce over apples.

Note: For TWO servings, *follow above procedure. Halve all ingredients; heat apples 3 to 4 minutes on HIGH.*
For ONE serving, *heat apples 1½ to 2½ minutes on HIGH.*

CURRIED FRUIT COMPOTE

Power Level: HIGH
Approx. Cooking Time: 11 min.
Yield: about 6 servings

1 can (17 oz.) apricot halves, drained (reserve syrup)
1 can (16 oz.) peach slices, drained (reserve syrup)
¼ teaspoon curry powder
¼ teaspoon ground cinnamon
1 tablespoon cornstarch
¼ cup water
½ cup raisins

1. In 2-cup glass measure, combine 1 cup reserved syrups, curry and cinnamon; heat 2 to 3 minutes on HIGH.
2. Stir in cornstarch blended with water and heat 1½ to 2 minutes on HIGH until slightly thickened, stirring occasionally.
3. In baking dish, combine apricots, peaches and raisins; heat 3½ to 4½ minutes on HIGH until heated through, stirring once.
4. Pour in sauce and heat 1 to 1½ minutes on HIGH. Serve warm or chilled.

CHUNKY APPLE SAUCE

Power Level: HIGH
Approx. Cooking Time: 9 min.
Yield: about 4 cups

3 pounds baking apples, peeled, cored and sliced (about 4 cups)
¾ cup sugar to taste
½ cup water
½ to 1 teaspoon ground cinnamon

1. In large glass bowl, combine all ingredients; heat, covered with wax paper, 7 to 9 minutes on HIGH until apples are soft, stirring once.
2. Mash apples until smooth; serve warm or chilled.

Note: **For 2 cups applesauce,** *follow above procedure. Halve all ingredients; heat apples 4 to 5 minutes on HIGH.*

CARAMEL APPLES

Power Level: HIGH
Approx. Cooking Time: 3 min.
Yield: 6 servings

1 package (14 oz.) caramels
1 tablespoon hot water
6 medium apples
Wooden ice cream sticks
Finely chopped nuts

1. In 1½-quart casserole dish, heat caramels and water 2 to 3 minutes on HIGH until melted, stirring twice until smooth. Insert sticks into stem of apples.
2. Dip each apple into caramel mixture turning and tipping dish to coat apples; sprinkle with chopped nuts. Place on greased waxed paper lined cookie sheet; cool.

Hint: *If caramel mixture becomes too stiff while dipping apples, return to oven and heat ½ to ¾ minute on HIGH.*

BRANDIED PEACHES

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: about 4 servings

1 can (29 oz.) peach halves, drained (reserve ½ cup syrup)
⅔ cup peach or pineapple preserves
¼ to ⅓ cup brandy
1 teaspoon lemon juice
Toasted coconut*

1. In baking dish, arrange peaches. Combine reserved syrup, preserves, brandy and lemon juice.
2. Pour over peaches; top with coconut. Heat, covered, 3 to 4 minutes on HIGH until heated through. Serve warm or chilled.

***Hint:** *To toast coconut in your microwave oven, see Time-Saving Hints page 167.*

SPICY APPLES'N OATS

Power Level: HIGH
Approx. Cooking Time: 5 min.
Yield: about 6 servings

4 large baking apples, peeled and sliced (about 1½ lb.)
⅔ cup brown sugar
⅓ cup chopped nuts or raisins
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅓ cup butter or margarine, softened
⅓ cup flour
⅓ cup old fashion or quick oats

1. In 8 or 9-inch round baking dish; layer ½ apples. Combine sugar, nuts, cinnamon and nutmeg; sprinkle ½ sugar mixture over apples.
2. Top with remaining apples. Into remaining sugar mixture, blend in butter, flour and oats; sprinkle over apples. Heat 4 to 5 minutes on HIGH until apples are forktender. Let stand 5 minutes; serve warm or cool.

FRUIT COBBLER

Power Level: 9
Approx. Cooking Time: 11 min.
Yield: about 6 servings

Filling:
2 cans (30 oz. ea.) peach slices or other canned fruit*, drained (reserve ¼ cup syrup)
3 tablespoons all-purpose flour
½ tablespoon lemon juice
½ teaspoon vanilla extract
½ teaspoon ground cinnamon

Topping:
1 cup buttermilk biscuit mix
¼ cup brown sugar
¼ cup butter or margarine, softened
2 tablespoons hot water

1. In square baking dish, combine Filling ingredients Combine Topping ingredients, stirring until dough pulls away from sides of bowl and forms a ball.
2. Gently spread topping onto filling (topping will spread slightly when heated). Sprinkle, if desired, with additional cinnamon. Heat 9 to 11 minutes on POWER LEVEL 9 until topping is set. Let stand to cool

***Variations:**

For FRESH PEACH Cobbler, *combine 1½ pounds peeled and sliced peaches and ¼ to ⅓ cup brown sugar; heat, covered, on HIGH 3½ to 4 minutes until tender. Follow above procedure, omitting ¼ cup reserved liquid*

For QUICK Fruit Cobbler, *substitute 2 cans (21 oz. ea.) fruit pie filling and ¼ cup water for Filling ingredients.*

BREAKFAST FRUIT TART

Power Level: HIGH
Approx. Cooking Time: 6 min.
Yield: about 4 servings

1½ cups all-purpose flour*
½ cup oil
2 tablespoons milk
1 tablespoon sugar
1 teaspoon salt
⅓ cup apricot, peach or favorite preserves
Sliced fresh fruit or canned fruit, well drained

1. Combine flour, oil, milk, sugar and salt; pat into bottom and sides of 9-inch glass pie plate. Prick with fork; heat 4½ to 5½ minutes on HIGH; cool.
2. In small glass bowl, heat preserves ½ minute or until melted. Arrange fruit on tart shell; drizzle with preserves. Cut into wedges to serve.

***Substitution:** *Use ¾ cup whole wheat flour and ¾ cup all-purpose flour for 1½ cups all-purpose flour.*

GINGERBREAD PEAR COBBLER

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 13 min.
Yield: about 6 servings

1 can (16 oz.) sliced pears, drained (reserve syrup)
½ cup raisins or chopped nuts
1 package (14 oz.) gingerbread mix
Water

1. Line bottom of 8 to 9-inch round baking dish with wax paper. Arrange pears on paper; top with raisins.
2. Prepare gingerbread according to package directions using reserved syrup as part of water.
3. Pour batter over pears. Heat 11½ to 13 minutes on POWER LEVEL 7 until gingerbread is done. Let stand, covered, until ready to serve.

PEARS WITH CARAMEL SAUCE

Power Level: HIGH
Approx. Cooking Time: 12 min.
Yield: 6 servings

6 large pears (6 oz. ea.)
1 tablespoon sugar
Dash ground cinnamon
½ cup water
30 caramels (about 10 oz.)
2 tablespoons butter or margarine
2 tablespoons rum (optional)
1 tablespoon water
½ teaspoon ground cinnamon
Sweetened whipped cream

1. Core pears and peel skin 1 inch from top. Combine sugar and dash cinnamon; sprinkle inside pears.
2. In oblong baking dish, arrange pears; sprinkle with ½ cup water. Heat, covered, 8 to 9 minutes on HIGH until pears are tender, turning dish once; cool or chill.
3. Just before serving, in glass bowl, combine caramels, butter, rum, 1 tablespoon water and ground cinnamon; heat 2 to 3 minutes on HIGH, stirring twice until smooth.
4. Spoon sauce over pears; top with whipped cream.

Pictured on the following page: Apricot Tea, Irish Coffee, Orange Burst, Câfè Royale

Beverages

BEVERAGES

Heating Liquids Chart 156
Brazilian Coffee 156
Wassail Cheer 157
Hot buttered Rum 157
Cranapple Warmer 157
Câfè Royale 157
Mulled Wine 157
Irish Coffee 157
Apricot Tea 158
Hot Mocha Milk 158
Mulled Cider 158
Orange Burst 158
Hot Scotch 158

Beverages for young and old are specially selected in this chapter. Choose your favorite, relax and enjoy.

HEATING LIQUIDS CHART (For tea, instant coffee, hot chocolate mix, instant soups, hot cereal, recipes, etc.)

DESIRED TEMPERATURE	LIQUID	AMT.	POWER LEVEL SETTING	COOK. TIME (in min.)
Boiling (212°F)	Water	1 cup (8 oz.)	HIGH	2 to 3
		2 cups (16 oz.)	HIGH	4 to 5
		4 cups (32 oz.)	HIGH	8 to 9
Scalding (about 150°F)	Milk	1 cup (8 oz.)	7 (MEDIUM-HIGH)	2½ to 3½
		2 cups (16 oz.)	7 (MEDIUM-HIGH)	4 to 5
Steaming (for beverages) (140°F to 150°F)	Water	1 mug (8 oz.)	HIGH	1 to 1½
		2 mugs (8 oz. ea.)	HIGH	2 to 2½
		4 mugs (8 oz. ea.)	HIGH	3½ to 4
		1 coffee cup (5 oz.)	HIGH	¾ to 1¼
		2 coffee cups (5 oz. ea.)	HIGH	1½ to 2
		4 coffee cups (5 oz. ea.)	HIGH	3 to 3½
	Milk	1 mug (8 oz.)	7 (MEDIUM-HIGH)	2 to 3
		2 mugs (8 oz. ea.)	7 (MEDIUM-HIGH)	3½ to 6
		4 mugs (8 oz. ea.)	7 (MEDIUM-HIGH)	6 to 7½
		1 coffee cup (5 oz.)	7 (MEDIUM-HIGH)	1½ to 2
		2 coffee cups (5 oz. ea.)	7 (MEDIUM-HIGH)	2 to 3
		4 coffee cups (5 oz. ea.)	7 (MEDIUM-HIGH)	4 to 5

BRAZILIAN COFFEE

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: 4 servings (8 oz. ea.)

4 cups strong coffee*
8 tablespoons instant cocoa mix
Sugar to taste
8 tablespoons vanilla, chocolate or coffee ice cream
Ground cinnamon

1. Into each of 4 mugs, pour 1 cup coffee; heat 3½ to 4 minutes on HIGH. For each drink, stir in 2 tablespoons cocoa mix and sugar.
2. Top with 2 tablespoons ice cream and a dash cinnamon.

***Hint:** *If using instant or freeze-dried coffee, stir in coffee after cooking water.*

Note: **For TWO servings,** *follow above procedure. Halve all ingredients and heat coffee 2 to 2½ minutes on HIGH.*
For ONE serving, *heat coffee 1 to 1½ minutes on HIGH.*

WASSAIL CHEER

Power Level: HIGH→ 5 (MEDIUM)
Approx. Cooking Time: 17 min.
Yield: about 6 servings (6 oz. ea.)

4 cups apple cider
¼ cup lemon juice
¼ cup brown sugar
½ teaspoon whole allspice
½ teaspoon whole cloves
⅛ teaspoon ground nutmeg

1. In medium glass bowl, combine all ingredients; heat 8 to 9 minutes on HIGH
2. Continue cooking on POWER LEVEL 5 an additional 7 to 8 minutes. To serve, cool slightly; strain into mugs.

HOT BUTTERED RUM

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: 4 servings (about 6 oz. ea.)

2⅔ cups apple cider or water
4 cinnamon sticks
4 tablespoons brown sugar
6 ounces rum
4 teaspoons butter or margarine
Ground nutmeg

1. Into each of 4 mugs, combine ⅔ cup cider, 1 cinnamon stick and 1 tablespoon sugar; heat 3½ to 4 minutes on HIGH.
2. For each drink, stir in 1½ ounces rum; top with 1 teaspoon butter and dash nutmeg.

Note: **For TWO servings,** *follow above procedure. Halve all ingredients; heat cider 1½ to 2 minutes on HIGH.*
For ONE serving, *heat cider 1 to 1½ minutes on HIGH.*

CRANAPPLE WARMER

Power Level: HIGH→5 (MEDIUM)
Approx. Cooking Time: 16 min.
Yield: about 4 servings (6 oz. ea.)

3 cups cranapple or cranberry juice
8 whole allspices
8 whole cloves
4 cinnamon sticks, broken

1. In 4-cup glass measure, combine all ingredients; heat 5 to 6 minutes on HIGH.
2. Continue cooking on POWER LEVEL 5 an additional 9 to 10 minutes. To serve, cool slightly; strain into mugs.

Note: **For TWO servings,** *follow above procedure. Halve all ingredients and heat juice on HIGH 3 to 3½ minutes; on POWER LEVEL 5 for 5 minutes.*
For ONE serving, *heat juice on HIGH 1½ to 2½ minutes; on POWER LEVEL 5 for 3 minutes.*

CÂFE ROYALE

Power Level: HIGH
Approx. Cooking Time: 1 min.
Yield: about 6 demitasse servings

⅓ to ½ cup brandy
1 tablespoon sugar
3 whole cloves
1 stick cinnamon, broken
Peel of 1 lemon or orange
2 cups hot strong coffee

1. In 1-cup glass measure, combine brandy, sugar, cloves, cinnamon and lemon peel. Heat ¾ to 1 minutes on HIGH; stir.
2. Carefully flame and strain brandy into coffee. Serve in demitasse cups.

Variation: *If desired, pour coffee into cups. Top with heated brandy; flame.*

MULLED WINE

Power Level: 7 (MEDIUM-HIGH)
Approx. Cooking Time: 6 min.
Yield: 4 servings (6 oz. ea.)

3 cups Burgandy wine
8 teaspoons brown sugar or to taste
2 cinnamon sticks, broken
Ground nutmeg

1. Into each of 4 mugs, combine ¾ cup wine, 2 teaspoons brown sugar, ½ cinnamon stick and dash nutmeg.
2. Heat 4½ to 6 minutes on POWER LEVEL 7.

Note: **For TWO servings,** *follow above procedure. Halve all ingredients; heat wine 3½ to 4½ minutes on POWER LEVEL 7.*
For ONE serving, *heat wine 1½ to 2½ minutes on POWER LEVEL 7.*

IRISH COFFEE

Power Level: HIGH
Approx. Cooking Time: 4 min.
Yield: 4 servings (about 6 oz. ea.)

2 to 3 cups strong coffee
4 teaspoons sugar
6 ounces Irish whiskey
Sweetened whipped cream

1. Into each of 4 cups, pour ½ to ¾ cup coffee; heat 3 to 3½ minutes on HIGH.
2. For each drink, stir in 1 teaspoon sugar and 1½ ounces Irish whiskey; top with whipped cream.

Note: **For TWO servings,** *follow above procedure. Halve all ingredients; heat coffee 1½ to 2 minutes on HIGH.*
For ONE serving, *heat coffee 1 to 1½ minutes on HIGH.*

APRICOT TEA

Power Level: HIGH
Approx. Cooking Time: 8 min.
Yield: 4 servings (8 oz. ea.)

3 cups water
4 tea bags
4 tablespoons apricot preserves*
4 tablespoons apricot brandy (optional)*
Sugar to taste
Sweetened whipped cream or whipped topping
Ground nutmeg or cinnamon

1. Into each of 4 mugs, pour ¾ cup water; heat 3 to 3½ minutes on HIGH
2. For each drink, add one tea bag; brew 3 to 5 minutes on HIGH. Stir in 1 tablespoon preserves, 1 tablespoon brandy and sugar
3. Top with whipped cream and dash nutmeg.

***Variation:** *Try a variety of jelly, jam or preserves and fruit-flavored brandies*

Note: For TWO servings, *follow above procedure. Halve all ingredients; heat water 2 to 2½ minutes on HIGH*
For ONE servings, *heat water 1 to 1½ minutes on HIGH*

HOT MOCHA MILK

Power Level: HIGH
Temp. Setting: 170°F
Approx. Cooking Time: 4 min
Yield: 2 servings

3 tablespoons chocolate syrup
1½ cups milk
¼ teaspoon cinnamon
1 teaspoon instant coffee
Whipped Cream

1. Combine an equal amount of chocolate syrup, instant coffee, and cinnamon in two mugs or cups
2. Stir in milk, microwave on HIGH,

   TO HEAT BY TEMPERATURE: Insert porbe into one mug and set TEMP. COOK at 170°F

   TO HEAT BY TIME: Set time 3 to 4 minutes until hot.
3. Do not allow apple juice to boil. Garnish with dollop of whipped cream in each cup

MULLED CIDER

Power Level: HIGH
Temp. Setting: 170°F
Approx. Cooking Time: 5 min
Yield: 2 servings

1½ cup apple juice or apple cider
2 one inch cinnamon sticks
2 to 4 whole cloves (to taste)
Nutmeg
Whipped Cream

1. Combine all equal amount of apple juice, whole cloves and cinnamon sticks in two mugs or cups.
2. Microwave on HIGH,

   TO HEAT BY TEMPERATURE: Insert probe into one mug and set TEMP. COOK at 170°F.

   TO HEAT BY TIME: Set time 3½ to 5 minutes until hot.
3. Do not allow apple juice to boil. Garnish with a dollop of whipped cream in each cup and sprinkle with nutmeg.

ORANGE BURST

Power Level: HIGH—5 (MEDIUM)
Approx. Cooking Time: 14 min.
Yield: about 4 servings (8 oz. ea.)

3 cups apricot nectar
1 cup orange juice
2 cinnamon sticks, broken
1 teaspoon whole cloves

1. In 4-cup glass measure, combine all ingredients and heat 7 to 8 minutes on HIGH
2. Continue cooking on POWER LEVEL 5 an additional 5 to 6 minutes. To serve, strain into mugs and garnish, if desired, with orange slices.

Variation: *Into each mug, stir in ½ tablespoon rum.*

HOT SCOTCH

Power Level: HIGH
7 (MEDIUM-HIGH)
Approx. Cooking Time: 11 min.
Yield: 4 servings (8 oz. ea.)

8 tablespoons butterscotch flavored pieces
4 cups milk
Ground cinnamon
8 tablespoons mini-marshmallows

1. Into each of 4 mugs, add 2 tablespoons butterscotch pieces; heat 2 to 2½ minutes on HIGH.
2. For each drink, stir in 1 cup milk and dash ground cinnamon.
   Heat 6 to 7 minutes on POWER LEVEL 7; stir in marshmallows. Heat ¾ to 1 minute on POWER LEVEL 7.

Note: For TWO servings, *follow above procedure; halve all ingredients. Heat butterscotch 1¼ to 1¾ minutes on HIGH, milk 3½ to 4 minutes on POWER LEVEL 7 and marshmallows ½ to ¾ minute on POWER LEVEL 7.*
For ONE serving, *heat butterscotch ¾ to 1 minute on HIGH milk 2 to 2½ minutes on POWER LEVEL 7 and marshmallows ½ minute on POWER LEVEL 7.*

Pictured on the following page: Jam & Jellies, Liquers & Brandies, Dired Flowers

Special Extras

Bread Dough Ornaments 161
Dried Flowers 162

LIQUEURS AND BRANDIES

Apricot Brandy 162
Coffee Liqueur 162
Peach Liqueur 162
Plum Brandy 163

JAM AND JELLY

Peach Jam 163
Apricot Pineapple Jam 163
Grape Jelly 163
Strawberry Jam 164

Now that you have experienced the amazing cooking efficiency of your microwave oven, we would like to take you on a journey of microwave versatility. Our research is continually finding new uses for microwave ovens. In this chapter, you will be greatly surprised at their discoveries. To mention a few . . . you can dry flowers and make beautiful flower arrangements for any room in the house or as gifts to friends. You can also make liqueurs and brandies, bread dough ornaments and many other new uses. Will wonders never cease? Read on for new techniques.

BREAD DOUGH ORNAMENTS

Want to work on a project that will give you the "I made it myself" satisfaction without it taking days of effort?
With a few ingredients and simple tools, in an afternoon you will create numerous Bread Dough Ornaments so popular now. What makes this all possible in such a short time? The POWER LEVEL 5 (MEDIUM) setting on your microwave oven. Most drying of bread dough ornaments in conventional ovens takes one-half to one hour. With the assistance of your microwave oven, most ornaments will be dry in about 3 minutes, ready for painting as soon as they cool, about 10 minutes.

The Ingredients

2 cups all-purpose flour 1 cup salt 1 cup water*
Combine flour and salt. Gradually add water, stirring to form a ball of dough.
On a lightly floured surface, knead dough 7 to 10 minutes or until dough is smooth, but firm.

* *You might need to add a bit more water, depending upon the humidity. Do not go overboard and add too much—a little at a time.*

- Do not use self-rising flour.
- Wrap dough in plastic wrap or keep in a plastic bag when not using. This keeps dough smooth and workable.
- If dough does dry out—work a bit of water into it. If dough is too sticky—knead in a small amount of flour.

The Tools

- A piece of cardboard, preferably corrugated (cut to fit the tray of your microwave), covered with wax paper. Remember to leave the oven glass tray in place while drying ornaments.
- A rolling pin or something similar.
- Things to be used to shape, mark and mold your ornament-to-be.

cookie cutters	nails and screws	meat mallet	pizza cutter
garlic press	toothpicks	fork	toothbrushes

The Creating

The easiest way to start designing an ornament is with a cookie cutter. Always work on a lightly floured surface to prevent the shape from sticking; roll a small amount of dough ¼-inch thick. Keep unused dough wrapped airtight.
Puncture, pinch, dab—just do not build up too much. If joining two pieces of dough, moisten your fingers with water and press dough together. For best results, keep beginning work simple. Our initial shapes were done with 2 to 3-inch cookie cutters and 3-inch high rope initials.
Make a hole in the top of the ornament for the string before baking. Be careful not to close the hole when painting or finishing.

The Drying

Using a pancake turner, carefully transfer ornament to the wax paper-covered cardboard; place cardboard on glass oven tray.
Heat each piece about 3 to 4 minutes on POWER LEVEL 5 (MEDIUM), turning over once during cooking. (when possible).
If a piece bubbles as it dries in the oven, make a hole in the ornament with a pin. If a flat piece curls, weigh down that area with a microwave oven-safe glass and heat 30 seconds. Remove glass and continue drying. Some bubbles add interest to the piece.

The Extra Shapes

To Make Beads: Shape dough around a plastic straw and lay the straw between the edges of a baking dish. Heat 4 beads about 2 minutes. If the weight from the beads causes the straw to bend, insert a wooden skewer through the straw to hold it straight.
To Make Free-Form Designs: Roll or shape dough as desired. Start heating about 2 minutes and continue adding 30 seconds until piece is dry. From experience, you can see when the piece has dried completely. Turn the piece over once, if possible. Popular free-form designs include rope initials and napkin rings as well as abstract figures. More advanced projects can include wreaths for candles and small picture frames.

The Finishing

The only essential thing that needs to be done is to apply a coat or two of shellac, varnish, acrylic sealer, etc.—something to protect the ornament from moisture and humidity. (Two coats are best—and produces a shiny finish.) What you do before that is up to you. The ornaments can be painted, glittered, stained, even shoe-polished, to achieve the look you want. Even the natural dough color, after sealing, looks attractive. Be sure to let ornaments dry completely in between finishing treatments.

DRIED FLOWERS

Preserve the beauty of the seasons by drying fresh flowers with the speedy assistance of your microwave oven.

Additional Material Needed

Drying agent to absorb moisture of the flowers
a. Uncolored kitty litter—can be reused
b. Silica Gel—available in craft and hobby stores

Method

1. Cut flower stem ½-inch long.
2. Spread ¾-inch layer of drying agent in proper size container.
3. Place flower bloom-up in container.
4. Carefully spoon additional drying agent between and over petals. Cover flower completely.
5. Place the container and a 2-cup glass measure filled with water in microwave oven.
6. Heat on POWER LEVEL 9 a few minutes depending upon size of flower (see HINTS).
7. Let stand 8 hours or overnight.
8. Carefully remove flowers loosening and removing all drying agent.
9. Bend floral wire fishhook style and thread through base of flower; wrap wire with floral tape.
10. To preserve dried flowers, spray with dried flower spray

Hints: Choose brightly colored flowers that are half open and firm. Flowers already in full bloom lose their petals very easily. White and pastel colored flowers may turn brown or gray; deep colors may look black. Yellow, rust and blue flowers do very well. Use this guide in selecting timing (approx. Time given in minutes) for single flowers:

DAISIES	½ to 1	DAISY MUMS (pom poms)	1½ to 2
CARNATIONS	2 to 2½	CORNFLOWERS	
MUMS (small)	2 to 2½	(bachelor buttons)	¾ to 1
STAR MUMS	1¼ to 1¾	ROSES	2 to 3

LIQUEURS AND BRANDIES

APRICOT BRANDY

Power Level: 7 (MEDIUM-HIGH)
1 (WARM)
Approx. Cooking Time: 40 min.
Yield: 2 cups

½—16 ounce package dried apricots
2 cups sugar
2 cups vodka

1. In medium glass bowl, thoroughly combine all ingredients. Heat 10 minutes on POWER LEVEL 7 until sugar is dissolved. stirring twice.
2. Continue cooking on POWER LEVEL 1 an additional 30 minutes, stirring twice. Cover and let stand 3 to 4 days. Strain before serving.

COFFEE LIQUEUR

Power Level: HIGH
7 (MEDIUM-HIGH) → 1 (WARM)
Approx.Cooking Time: 39 min.
Yield: 2 cups

1½ cups hot water
2 cups sugar
⅓ cup freeze-dried coffee
2 cups vodka
1 vanilla bean

1. In large glass bowl, heat water 3 to 4 minutes on HIGH until boiling.
2. Stir in sugar and coffee until dissolved; add remaining ingredients.
Heat 5 minutes on POWER LEVEL 7
2. Continue cooking on POWER LEVEL 1 an additional 30 minutes, stirring twice. Cover and let stand 3 to 4 days. Strain before serving.

PEACH LIQUEUR

Power Level: 7 (MEDIUM-HIGH)
1 (WARM)
Approx. Cooking Time: 40 min.
Yield: 2 cups

1½ pounds fresh peaches, peeled and sliced
1½ cups sugar
4 strips lemon peel
3 whole cloves
2 cinnamon sticks
2 cups bourbon

1. In medium glass bowl, thoroughly combine all ingredients. Heat 10 minutes on POWER LEVEL 7 until sugar is dissolved, stirring once.
2. Continue cooking on POWER LEVEL 1 an additional 30 minutes, stirring twice. Cover and let stand 3 to 4 days. strain before serving.

PLUM BRANDY

Power Level: 7 (MEDIUM-HIGH)
1 (WARM)
Approx. Cooking Time: 40 min.
Yield: 2 cups

1½ pounds fresh plums, halved (remove pits)
2 cups sugar
2 cups gin

1. In medium glass bowl, thoroughly combine all ingredients. Heat 10 minutes on POWER LEVEL 7 until sugar is dissolved, stirring once.
2. Continue cooking on POWER LEVEL 1 an additional 30 minutes, stirring twice. Cover and let stand 3 to 4 days. Strain before serving.

JAM AND JELLY

With the help of your microwave oven, you can escape the toil associated with preparing these special sweets. Many of the jam basics will remain the same as you change to the microwave way. Just follow each recipe and the hints-below to insure your first microwave jam will be the best ever.

- Use a large glass bowl or casserole dish (4 or 5-quart).
- Stir mixture two or three times during first third of cooking to dissolve the sugar.
- Wait until the mixture comes to a full rolling boil as the recipes direct. Be patient!
- Stir and skim foam off mixture, if necessary, (5 to 7 minutes)
- Ladle into hot sterlized glasses or jars. Seal with thin (⅛ to ¼-inch) layer of parafin.
- Properly sealed and stored (in a cool, dry place) jams and jellies will keep at least 1 year.

Important Note: *In hot and humid climates, the U.S. Department of Agriculture recommend storing Jams in jars with two-part lids and processing in hot water bath for 5 to 15 minutes. (This can NOT be done in microwave ovens!) Contact your local extension service for specific details.*

PEACH JAM

Power Level: HIGH
Approx. Cooking Time: 18 min.
Yield: about 9 cups

4 cups sliced peeled fresh peaches (about 3 lb.)
7¼ cups sugar
¼ cup lemon juice
½—6 ounce bottle liquid pectin

1. In large glass bowl, thoroughly combine peaches, sugar and lemon juice. Heat 15 to 17 minutes on HIGH until mixture comes to a full boil, stirring occasionally during the first 5 minutes. Heat an additional 1 minute on HIGH.
2. Stir in pectin and skim off any foam; stir and skim foam for about 7 minutes. Ladle into glasses; seal with parafin.

APRICOT PINEAPPLE JAM

Power Level: HIGH→7 (MEDIUM-HIGH)
HIGH
Approx. Cooking Time: 28 min.
Yield: about 6½ cups

¼ pound dried apricots, finely chopped
1 can (20 oz.) crushed pineapple, drained (reserve syrup)
Water
6½ cups sugar
½ cup lemon juice
½-6 ounce bottle liquid pectin

1. In 4-cup glass measure, combine apricots and reserved syrup; heat 1 to 2 minutes on HIGH.
2. Continue cooking on POWER LEVEL 7 an additional 3 to 4 minutes until apricots are soft.
3. Add pineapple and enough water to equal 3½ cups. In large bowl, thoroughly combine fruit mixture, sugar and lemon juice.
   Heat 19 to 21 minutes on HIGH until mixture comes to a full boil, stirring occasionally during first 7 minutes. Heat an additional 1 minute on HIGH.
4. Stir in pectin and skim off any foam; stir and skim foam for about 7 minutes. Ladle into glasses; seal with parafin.

GRAPE JELLY

Power Level: HIGH
Approx. Cooking Time: 19 min.
Yield: about 3 cups

2 cups grape juice
3½ cups sugar
½—6 ounce bottle liquid pectin

1. In large glass bowl, thoroughly combine juice and sugar. Heat 10 to 12 minutes on HIGH until mixture is boiling, stirring twice during first 4 minutes of cooking.
2. Stir in pectin and heat 4 to 6 minutes on HIGH until mixture comes to a full boil. Heat an additional 1 minute on HIGH; skim off any foam.
3. Ladle into glasses; seal with parafin.

STRAWBERRY JAM

Power Level: HIGH
Approx. Cooking Time: 23 min.
Yield: about 6½ cups

4 packages (10 oz. ea.) frozen strawberries in heavy syrup, thawed
5 cups sugar
2 tablespoons lemon juice
½—6 ounce bottle liquid pectin

1. In large glass bowl, thoroughly combine strawberries, sugar and lemon juice. Heat 20 to 22 minutes on HIGH until mixture comes to a full boil, stirring occasionally during first 7 minutes. Heat an additional 1 minute on HIGH.
2. Stir in pectin and skim off any foam; stir and skim foam for about 7 minutes. Ladle into glasses; seal with parafin.

Appendix

INFORMATION FOR COOKING FROZEN CONVENIENCE FOODS

ITEM	POWER LEVEL SETTING	COOK TIME (in min.)	SPECIAL TECHNIQUES
APPETIZERS			
Bite Size	9	2½ to 4½	Heat 12 at a time on paper towel lined paper plate or microwave oven roasting rack. Brush pastry items with Worcestershire sauce.
MAIN DISH			
Hearty T.V.-Style Dinner (17 oz.)	9	8 to 10	If container is ¾-inch deep, remove foil cover and replace foil tray in original box.
Regular T.V.-Style Dinner (11 oz.)	9	5 to 7	
Entree (8 to 9 oz.)	9	6 to 8	For containers more than ¾-inch deep, remove food to similar size glass container; heat, covered if no top crust. Stir occasionally, if possible.
(21 oz.)		15 to 17	
(32 oz.)		17 to 19	
Macaroni and Cheese (8 oz.)	7 (MEDIUM-HIGH)	8 to 10	
Pot Pie (8 oz.)	7 (MEDIUM-HIGH)	9 to 11	Brush top of pot pie worcestershire sauce.
Breakfast Entree (4 to 5 oz.)	9	1½ to 2½	
French Toast	7 (MEDIUM-HIGH)		
2 pieces		1 to 2	
4 pieces		2 to 3	
Waffles	7 (MEDIUM-HIGH)		
2 pieces		1½ to 2½	
4 pieces		3 to 4	
Fried Chicken	9		
2 pieces		4 to 5	
4 pieces		5 to 6	Arrange on paper towel lined paper plate, covered with paper towel.
6 pieces		7 to 8	
Fried Fish Fillets	9		
2 fillets		2 to 3	
4 fillets		3½ to 4½	
Fish Cakes	9		
4 cakes		3½ to 4½	
Pizzas (individual)	9		
1		1½ to 2½	Arrange on microwave oven roasting rack.
2		3 to 4	
4		5 to 6	
Pouch Dinners	9		
(5 to 6 oz.)		4 to 5	Pierce pouch, set on saucer.
(10 to 11 oz.)		7 to 8	
SIDE DISHES			
Baked Stuffed Potatoes	9		
2		10 to 12	Heat in original containers and box. Let stand 5 minutes after cooking
4		15 to 17	
Vegetables in Pouches	HIGH	7 to 9	Pierce pouch, set on saucer.
Frozen Potato Puffs (10 oz.)		2 to 3	Heat on paper plate, covered with paper towel, stirring once.
	6		
BAKED GOODS	3 (LOW)		
Brownies (13 oz.)		2 to 3	Remove from original container; arrange on serving plate. Let stand 5 minutes after Cooking(to defrost).
Cupcakes (6) (10 to 11 oz.)		1½ to 2½	
Cheese Cake (17 oz.)		3½ to 4½	
Layer Cakes (17 to 18 oz.)		1½ to 2½	
Pound Cake (10¾ oz.)		1 to 2	Add an additional 1 to 1½ minutes to serve warmed.
Coffee Cake (11 to 12 oz.)		3 to 4	

ITEM	POWER LEVEL SETTING	COOK TIME (in min.)	SPECIAL TECHNIQUES
Bagels	3 (LOW)		
2		2 to 3	Each individually wrapped in paper towel (for 1 or 2). Arrange on paper plate; cover with paper towel (for 4 or 6).
4		3 to 4	
Danish	3 (LOW)		
1		½ to 1	
2		1½ to 2	
4 (9 oz. package)		2½ to 3½	
6 (13 oz. package)		3½ to 4½	
Dinner Rolls (6)	3 (LOW)	1½ to 2½	
Donuts	3 (LOW)		
Plain or Sugar coated			
1		¾ to 1	
2		1 to 1½	
4		2½ to 3	
6		4 to 4½	
Hard Rolls (1 to 1¼ oz. ea.)	3 (LOW)		
1		½ to ¾	
2		1 to 1½	
4		2 to 2½	
MISCELLANEOUS (TO THAW)			
Frozen Juice Concentrates	7 (MEDIUM-HIGH)		
(6 oz.)		¾ to 1¼	Remove lid. If container is foil lined, remove to pitcher.
(12 oz.)		1½ to 2½	
Non-Dairy Creamer	3 (LOW)		
(16 oz.)		9½ to 10½	Open carton. Let stand equal time after cooking.
Pancake/Muffin Batter	3 (LOW)		
(10 oz.)		4 to 5	
Whipped Topping (9 oz.)	3 (LOW)	2 to 3	Heat in original plastic tub. Let stand 5 minutes.
Frozen Mixed Fruit	3 (LOW)		
(10 oz.)		4½ to 5½	Pierce pouch or remove metal lid; set on saucer. Let stand 5 minutes.
Frozen Vegetables	3 (LOW)		
(6 oz.)		3 to 4	Pierce box; set on saucer. If box foil wrapped, remove foil. If vegetables are in pouch, pierce pouch. Let stand 5 minutes.
(10 oz.)		5 to 6	

COOKING CANNED GOODS

- Empty contents of can into serving dish.
- Heat, covered, on POWER LEVEL 9.
- Stir occasionally during cooking.
- After cooking, let stand 3 minutes before serving.

ITEM	COOK TIME (in min.) on POWER LEVEL 9
Baked Beans (8 oz.)	1½ to 2½
(15 to 16 oz.)	3½ to 4½
Chow Mein (15 to 16 oz.)	3 to 4
Corned Beef Hash (15 oz.)	3 to 4
Macaroni and Cheese (15 oz.)	4 to 5
Sloppy Joe (15 oz.)	4½ to 5½
Ravioli (15 oz.)	4 to 5

TIME-SAVING HINTS

Besides meal preparaton, you will find that your microwave oven will also be invaluable in taking "food processing" shortcuts to save time in the kitchen. Here are some tips to help speed things along. All times given are approximate.

LIQUIDS:

- Heat a variety of syrups on HIGH in a glass pitcher or bottle for 1 to 2 minutes, depending upon quantity, for easier pouring and measuring. Be sure to remove metal cap.
- Heat baby bottles or baby food in the jar on POWER LEVEL 9 for strained food and on POWER LEVEL 7 (MEDIUM-HIGH) for milk, for ½ to 1½ minutes until warm. Be sure to remove metal caps from jars and bottles.
- Have fresh coffee all day. Refrigerate what is not used at breakfast and reheat by the cupful 1½ to 2 minutes on HIGH.
- Heat liqueurs for flaming desserts in a glass measure on HIGH for ¼ to ½ minute. Pour over dessert and ignite.
- Remove oven odor by combining water with lemon juice and peel in a small glass bowl and heat on HIGH for 5 minutes. Wipe interior with a damp cloth.

SOLID FOODS:

- Soften cream cheese, cheese spread or a stick of butter on POWER LEVEL 3 (LOW) for a 3 oz. package of cream cheese or ¼ pound of butter. It will be spreadable in ½ to 1 minute.
- To freshen a stale roll, wrap in a napkin or wax paper and heat on POWER LEVEL 5 (MEDIUM) for ¼ to ½ minute.
- Heat citrus fruits ½ to 1 minute on POWER LEVEL 7 (MEDIUM-HIGH). They will be easier to squeeze and will yield more juice.
- Place grated orange peel or lemon peel in a small glass bowl and heat on HIGH for ½ to 1 minute or until dry. Stir once during cooking.
- Reheat cold fruit pie on POWER LEVEL 9 for ¼ to ¾ minute for that fresh-baked taste.
- Place a small quantity of fresh herbs between layers of paper towels and heat on HIGH for 2 to 3 minutes until dry and crumbly. Timing may vary with different types of herbs.
- Quick-cook chicken pieces for salad, sandwiches or casseroles by cooking on HIGH until done.
- Separate cold bacon slices by cooking bacon package on HIGH for ¼ to ½ minute.
- Soften ice cream for serving or molding on POWER LEVEL 1 (WARM). Heat ½ gallon for 3½ to 5 minutes.
- Dry 2 cups of bread crumbs or croutons in a shallow glass dish on HIGH for 3 to 4 minutes. Stir occasionally.
- Blanch nuts by cooking in boiling water on HIGH for ½ to 1 minute. Drain and slip skins off by rubbing between paper towel.
- Soften dry fruit by placing in a glass bowl and sprinkle with water. Cover and heat on HIGH for ½ to ¾ minute.
- Soften hard brown sugar in a glass dish by placing a slice of bread or apple wedge on top of the sugar, cover and heat on HIGH. One cup of sugar will soften in ½ to 1 minute.
- Melt ¼ lb. of butter in 1 to 2 minutes or1 oz.chocolate in 2 to 3 minutes by cooking on POWER LEVEL 5 (MEDIUM). Chocolate will not lose its shape when melted, so check before adding extra time.
- Toast ¼ cup sesame seeds in a small glass bowl on HIGH 2½ to 3½ minutes. Stir twice during cooking.
- Roast 1½ cups of nuts in a small glass bowl on HIGH for 3 to 4 minutes. Stir twice during cooking.
- Toast ⅓ cup of shredded coconut in a small glass bowl on HIGH for 1 to 1½ minutes or until golden brown. Stir twice during cooking.
- For carefree outside barbeques, partially cook ribs, chicken, etc. in the microwave oven. Season and finish cooking on the grill.

For Your Information

HIGH ALTITUDE COOKING

Different cooking times are not necessary when cooking at high altitudes. However, because the possibility of shrinkage is greater, meats, fish and poultry should be loosely covered when cooking. For baked goods, follow high altitude directions for preparing batter. Cover loosely with wax paper and watch cooking carefully. Cutting cooking time back slightly and wrapping slightly cooled baked goods in foil will help create a satisfactory product.

Check with the Home Services Department of your local utility company or with your country Extension Service for additional help.

INGREDIENT SUBSTITUTION

It is always best to use the exact ingredients called for in any recipe, but we have all found ourselves in the "I thought I had . . . " situation.

The following is a list of foods and acceptable substitutes for those sticky emergencies:

Baking powder (1 t.) . . . . . ¼ teaspoon baking soda *plus* ½ teaspoon cream of tartar
Buttermilk (1 cup) . . . . . 1 cup milk *plus* 1 tablespoon vinegar OR lemon juice
Chocolate,
Semi-Sweet (2 oz.). . . . . ⅓ cup semi-sweet chocolate pieces
Chocolate,
Unsweetened (1 oz.) . . . . . 3 tablespoons cocoa *plus* 1 tablespoon shortening
Corn Syrup (½ cup) . . . . . ½ cup sugar *plus* 2 tablespoons liquid
Cornstarch (1 t.). . . . . 2 tablespoons flour
Cake Flour (1 cup). . . . . ¾ cup and 2 tablespoons all-purpose flour *plus* 2 tablespoons cornstarch
Garlic (1 clove) . . . . . ⅛ teaspoon dried garlic flakes OR garlic powder
Grated Fresh Fruit
Peel (1 T.) . . . . . ½ teaspoon dried grated peel
Green Pepper
(2 T. chopped) . . . . . 1 tablespoon dried pepper flakes
Herbs, Fresh (1 t.) . . . . . ⅓ to ½ teaspoon dried
Honey (1 cup) . . . . . 1 ¼ cups sugar *plus* ¼ cup liquid
Milk (1 cup). . . . . ½ cup evaporated milk *plus* ½ cup water OR ¼ cup nonfat dry milk powder *plus* 1 cup water and 2 tablespoons butter
Onion
(¼ cup chopped) . . . . . 1 tablespoon dried onion flakes OR 1 teaspoon onion powder

METRIC CONVERSION CHART FOR WEIGHTS AND MEASURES:

The United States is currently going through the transition to the Metric System. The following metric equivalents are for converting ingredients that may be purchased by metric measures as well as temperature equivalents.

1 teaspoon . . . . . 5 milliliters (ml)
1 tablespoon. . . . . 15 milliliters
½ cup . . . . . 125 milliliters
1 cup . . . . . 250 milliliters
1 quart. . . . . 1 liter (1000 milliliters)
1 ounce . . . . . 30 grams (g)
1 pound. . . . . 455 grams
2.2 pounds . . . . . 1 kilogram (kg) (1000 grams)

Fahrenheit	Celsius	Fahrenheit	Celsius
115 °.	46 °	150 °.	65 °
120 °.	48 °	155 °.	68 °
125 °.	51 °	160 °.	70 °
130 °.	55 °	165 °.	72 °
135 °.	57 °	170 °.	76 °
140 °.	59 °	175 °.	80 °
145 °.	63 °		

Index

A

Absorption of Microwave Cooking 2
Acorn Squash, Honey 117
Almandine, Chicken 50
Almandine, Green Beans 117
Almandine, Trout 63
Almond Butter Crunch 149
Almond Coconut Macaroon Cupcakes 141
Almonds, Spiced 23
Aluminum Foil, Microwave Cooking Utensil 6
Apple, Caramel 152
Apple Cider Stew 99
Apple Fudge Brownies 144
Apple Sauce, Chunky 152
Apple Sausage Stuffing 55
Apples, Baked 151
Apple Spice Cake 139
Apple Spice Ring 139
Apples Spice Tarts 139
Appetizer, Cooking Frozen Convenience 165
Appetizer Pâté 20
Appetizer Recipes 19
Apricot Brandy 162
Apricot Glazed Chicken 49
Apricot Pineapple Jam 163
Apricot Tea 158
Armenian Special 123
Artichokes for Two 115
Artichokes Preparing, Fresh 111
Artichokes Preparing, Frozen 111
Asparagus Preparing, Fresh 111
Asparagus Preparing, Frozen 111

B

Baby Bottles, Time-saving Hint 167
Baby Food, Time-saving Hint 167
Baby Food for Temperature Cooking .. 5
Bacon 'n Cheese Sticks 20
Bacon, Slices Preparing 30
Bacon, Treats 20
Bagels, Cooking Frozen 166
Baked Apples 151
Baked Beans 115
Baked Chicken with corn Bread Stuffing 48
Baked Eggs in Bologna 78
Baked Foods, Time Cook Reheating .. 9
Baked Goods, Cooking Frozen Convenience 165
Baked Grapefruit 151
Baked Potatoes, Preparing 114
Baked Snapper à la Orange 60
Baked Stuffed Clams 60
Baked Stuffed Lobster Tails 60
Baked Stuffed Potatoes 120
Baked Stuffed Potatoes, Cooking Frozen 165
Baked Ziti 70
Banana Nut Coffee Cake 133
Banana Split Topping 89
Bar, Six Layer from Mix 144
Barbecue Sauce 86
Barbecued Beef Sandwich 124
Barbecued Chicken 48
Barbecued Cooking, Time-saving Hint 167
Barley Mushroom Casserole 106
Basic Bread Stuffing 55
Basic Nut Bread 130
Basic Omelet 78
Basic White Sauce 85
Beans, Baked 115
Beans Preparing, Fresh 111
Beans Preparing, Frozen 111
Bearnaise Sauce 85
Beef Bourguignon Cubed 34
Beef with Broccoli 34
Beef Gouliash 34
Beef Liver, Chili 33
Beef, Microwaving 27
Beef Patties Preparing, Frozen 30
Beef Recipes 33
Beef Rib Roast, Rolled, Microwaving .. 27
Beef Rib Roast, Standing, Microwaving 27
Beef Rump Roast, Bone-in, Microwaving 27
Beef Rump Roast, Boneless, Microwaving 27
Beef Sirloin Tip Roast, Microwaving 27
Beef Soup, Vegetable 94
Beef Stew 98
Beef Stroganoff 33
Beefy Vegetable Soup 95
Benedict Eggs 78
Beer Stew 100
Beets Preparing, Fresh 111
Beverage for Temperature Cooking 5
Beverage Recipes 156
Beverage, Temp-Cook Reheating 9
Blanching Fresh Vegetables Guide Chart 113
Blanching Fresh Vegetables, Preparing 113
Blanching Nuts, Time-saving Hint 167
Blue Cheese Spread 22
Bordelaise Sauce 85
Boston Brown Bread 131
Boston Eggplant Casserole 70
Bottles, Microwave Cooking Utensil 5
Bouillabaisse 60
Braised Brisket 35
Brandied Cherry Sauce 88
Brandied Peaches 152
Brandy, Apricot 162
Brandy, Plum 163
Brazilian Coffee 156
Bread Dough Ornaments 161
Bread Recipes 130
Breakfast Entree, Cooking Frozen 165
Breakfast Fruit Tart 153
Breakfast Treat 79
Brisket, Braised 35
Broccoli Egg Divine 116
Broccoli Preparing, Fresh 111
Broccoli Preparing, Frozen 111
Brownies, Apple Fudge 144
Brownies, Cooking Frozen 165
Brownies, Double Butterscotch 145
Brownies, Marble 145
Browning Techniques for Microwaving Cooking 7
Brunswick Stew 98
Brussel Sprouts Preparing, Fresh 111
Brussel Sprouts Preparing, Frozen 111
Butter Baked Chicken 48
Butter Cake 140
Buttered Crumb Potatoes 119
Butter Crunch, Almond 149
Butter Scampi 21
Butterscotch Fudge 150

C

Cabbage Preparing, Fresh 111
Câfè Royale 157
Canadian Bacon, Slices, Preparing 30
Candie Recipes 149
Candied Sweet Potato 120
Canned Baked Beans, Cooking 166
Canned Chow Mein, Cooking 166
Canned Corned Beef Hash, Cooking .. 166
Canned Food for Temperature Cooking 5
Canned Goods, Cooking 166
Canned Macaroni and Cheese, Cooking 166
Canned Ravioli, Cooking 166
Canned Sloppy Joes, Cooking 166
Canned Soups, Preparing 93
Canned Vegetables Microwaving Guide Chart 113
Canned Vegetables, Temp-Cook Reheating 9
Cake, Apple Spice 139
Cake, Butter 140
Cake, Crumb 140
Cake, Devils Food 142
Cake, Fruit 140
Cake, Homemade German Chocolate .. 142
Cakes, Preparing 138
Cake Recipes 139
Cake, Rum 143
Caramel Apples 152
Caramel Cream Frosting 140
Caramel Custard 146
Caramel Sauce 88
Caraway Bread 130
Caraway Cabbage 114
Carrot Spice Cake 142
Carrots, Orange Glazed 116
Carrots Preparing, Fresh 111
Carrots Preparing, Frozen 111
Cashews, Chili 23
Casserole, Barley Mushroom 106
Casserole, Boston Eggplant 70
Casserole, Cheesy Vegetable 115
Casserole, Chili 'n Rice 68
Casserole, Country Ham 67
Casserole, Great Northern Bean 118
Casserole Recipes 67
Casserole, Sausage and Bean 72
Casserole, Seafood 68
Casseroles for Temperature Cooking 5
Casseroles, Temp-Cook Reheating 9
Casserole, Time Cook Reheating 9
Casserole, Tuna 63
Cauliflower Preparing, Fresh 111
Cauliflower Preparing, Frozen 111
Ceramic, Microwave Cooking Utensil 5
Cereal, Granola 107
Cereal Recipes 107
Cereals, Preparing 107
Cheese Ball 19
Cheese Bread, Southern 131
Cheeseburger Pie 31
Cheese Cake, Chocolate 141
Cheese Cake, Creamy 141
Cheese Cake, Fruit-Topped 141
Cheese Cake, Pinwheel 141
Cheese Cake, Praline 141
Cheese Cakes, Cooking Frozen 165
Cheese Fondue Swiss 81
Cheese 'n Bacon Sticks 20
Cheese 'n Sticks 20
Cheese Omelet 78
Cheese Recipes 80
Cheese Ring, Spinach 80
Cheese Sauce 85
Cheese Tarts 22
Cheese Wafers, Sesame 23
Cheesy Meat Loaf Sandwich 124
Cheesy Vegetable Casserole 115
Cheesy Vegetable Chowder 94
Cheesy Tomato Soup 97
Cherry Brunch Rolls 131
Chicken Afrique 51
Chicken à la King 69
Chicken Almandine 50
Chicken and Dumplings 68
Chicken, Apricot Glazed 49
Chicken, Barbecued 48
Chicken, Butter Baked 48
Chicken Cacciatore 49
Chicken Cheese Taste Treat 52
Chicken Cooking, Time-Saving Hint 167
Chicken, Crispy 52
Chicken, Curry 52
Chicken, Hawaiian 50

Chicken, Herb Baked ... 50
Chicken Gumbo ... 93
Chicken in Wine Sauce ... 49
Chicken'n Shrimp in Red Wine Sauce ... 52
Chicken Livers Mushrooms ... 49
Chicken Parmesan ... 51
Chicken Pieces, How to Temp-Cook ... 46
Chicken Pieces, Microwaving Guide Chart ... 46
Chinese Pork and Green Vegetables ... 37
Chicken Pot Pie ... 71
Chicken Recipes ... 48
Chicken, Spirited ... 52
Chicken Tots ... 20
Chicken, Western ... 49
Chicken, Whole, Microwaving ... 45
Chicken with Creamy Mushrooms Sauce ... 50
Chicken with Snow Peas ... 50
Chili Beef Liver ... 33
Chili Cashews ... 23
Chili Cheese Corn Bread ... 130
Chili Dip ... 19
Chili Mexicano ... 99
Chili'n Rice Casserole ... 68
Chilled Chocolate Almond Souffle ... 145
Chinaware, Microwave Cooking Utensil ... 5
Chinese Clusters ... 151
Chocó Grahams ... 144
Chocolate Almond Souffle, Chilled ... 145
Chocolate Cheese Cake ... 141
Chocolate Fudge ... 150
Chocolate Fudge, Fast Fixin ... 150
Chocolate Mint Sauce ... 89
Chocolate Pound Cake ... 139
Chocolate Rocky Road Pie ... 147
Chuckwagon Special ... 106
Chunky Apple Sauce ... 152
Chowder, Cheesy Vegetable ... 94
Chowder, Ham ... 93
Chowder, New England ... 97
Cider Mulled ... 158
Cider Spice Cake ... 141
Citrus Fruits, Time-Saving Hint ... 167
Citrus Simmered Steak ... 33
Citrus Style Noodles ... 103
Clam Chowder, Pawtuckett ... 94
Clams, Steamed ... 61
Clams, Stuffed ... 61
Cleaning Oven Door, Time-Saving Hint ... 167
Cluster, Raisin ... 151
Clusters, Chinese ... 151
Clusters, Elephant ... 151
Cobbler, Fresh Peach ... 152
Cobbler, Fruit ... 152
Cobbler, Quick Fruit ... 152
Coconut Cake Plantation ... 143
Coconut Lemon Meringue Pie ... 147
Coconut Nut Topping for Cake ... 140
Cocktail Reubens ... 19
Coffee, Brazilian ... 156
Coffee Cake, Banana Nut ... 133
Coffee Cake, Cooking Frozen ... 165
Coffee Cake, Cranberry ... 133
Coffee Cake, Graham Streusel ... 134
Coffee Cakes, Preparing ... 129
Coffee Cake Recipes ... 133
Coffee, Irish ... 157
Coffee Liqueur ... 162
Cold Bacon Slices, Time-Saving Hint ... 167
Cookie Recipes ... 144
Cookies, Quick Bar ... 144
Cooking Bags, Microwave Cooking Utensil ... 5
Convenience Meats Guide Chart ... 30
Convenience Sauces, Preparing ... 88
Convenience Stuffing Mixes ... 55
Conversion for Fahrenheit with Celsius Guide ... 168
Converting Recipes from Conventional Cooking to Microwave Cooking, Preparing Recipes ... 8
Coquille New Foundland ... 61
Corn Bread ... 130
Corn Bread, Chili Cheese ... 130
Corn Bread Stuffing ... 55
Corn, Cob Preparing, Fresh ... 112
Corn, Cob Preparing, Frozen ... 112
Corn Chowder, Creamy ... 94
Corn Dogs ... 67
Corn Relish ... 115
Corn, Kernel Preparing, Frozen ... 111
Corned Beef and Cabbage ... 73
Corned Beef Hash and Eggs ... 80
Cornish Hens with Peach Sauce ... 53
Country Breakfast Special ... 79
Country Ham Casserole ... 67
Country Stuffed Pork Chops ... 36
Covering, Preparing Recipes ... 8
Crab Bake, Maryland ... 63
Crabmeat Supreme ... 21
Cranberry Coffee Cake ... 133
Cranberry Glazed Franks ... 19
Cranberry Glazed Ham ... 36
Cranberry Pie ... 149
Cranberry Sauce ... 85
Cranberry Warmer ... 157
Crazy Mix ... 23
Cream of Broccoli Soup ... 94
Cream of Chicken Soup ... 94
Cream of Mushroom Soup ... 94
Cream of Spinach Soup ... 94
Cream of Tomato and Rice Soup ... 95
Creamy Cheese Cake ... 141
Creamy Corn Chowder ... 94
Creamy Noodle Soup ... 97
Creamy Salad Dressing ... 86
Creole Okra ... 117
Creole Sauce ... 86
Crispy Croutons ... 131
Crispy Chicken ... 52
Croutons, Crispy ... 131
Crown Roast of Lamb ... 40
Crumb Cake ... 140
Crumb Potatoes, Buttered ... 119
Crunchy Munchies ... 19
Cubed Beef, Bourguignon ... 34
Cupcakes, Almond Coconut Macaroon ... 141
Cupcakes, Cooking Frozen ... 165
Cupcakes, Preparing ... 138
Curried Fruit Compote ... 151
Curry Chicken ... 52
Curry Lamb ... 41
Curry Sauce ... 85
Curry Soup ... 97
Custard, Caramel ... 146
Custard, Egg ... 146
Custard Recipes ... 145
Custard Sauce ... 88

D

Danish, Cooking Frozen ... 166
Deep Dish Apple Pie ... 149
Defrosting Beef, One Stage Guide ... 28
Defrosting Beef, Two Stage Guide ... 29
Defrosting Fish and Seafood, Preparing ... 59
Defrosting Meat, One Stage Guide Chart ... 28
Defrosting Meats, Preparing ... 28
Defrosting Meats, Two Stage Guide Chart ... 29
Defrosting Pork, One Stage Guide ... 28
Defrosting Pork, Two Stage Guide ... 29
Defrosting Poultry, One Stage Guide Chart ... 47
Defrosting Poultry, Preparing ... 47
Defrosting, Two Stage Guide Chart ... 47
Defrosting Veal, One Stage Guide ... 28
Devil's Food Cake ... 142
Dinner Rolls, Cooking Frozen ... 166
Dip with Cheese for Temperature Cooking ... 5
Dip with Meat for Temperature Cooking ... 5
Dip with Sefood for Temperature Cooking ... 5
Donuts, Cooking Frozen ... 166
Double Butterscotch Brownies ... 145
Dried Beans, Preparing ... 114
Dried Flowers ... 162
Dried, Peas, Preparing ... 114
Drying Bread Crumbs, Time-Saving Hint ... 167
Drying Croutons, Time-Saving Hint ... 167
Drying Fresh Herbs, Time-saving Hint ... 167
Dry Soup Mix, Preparing ... 93
Duck with Orange, Roast ... 54
Dumplings for Stew ... 99

E

Egg Custard ... 146
Egg'n Cheese Onions ... 78
Egg Noodles, Preparing ... 103
Egg Recipes ... 78
Eggplant Parmesan ... 67
Eggplant Preparing, Fresh ... 112
Eggs Benedict ... 78
Eggs, el Ranchero ... 79
Eggs, Hard Cooked, Preparing ... 77
Eggs, Scrambled, Preparing ... 77
Elbow Macaroni, Preparing ... 103
Elephant Clusters ... 151
El Ranchero Eggs ... 79
Entree, Cooking Frozen ... 165
Every Day Supper Soups ... 97

F

Factor Which Affect Cook, Preparing Recipes ... 7
Fancy Green Beans ... 119
Fast Fixin Chocolate Fudge ... 150
Festive Rum Cake ... 143
Fillet, Flounder ... 62
Fish and Seafood Defrosting Guide Chart ... 59
Fish and Seafood, How to Program ... 59
Fish and Seafood, Microwaving Guide Chart ... 59
Fish and Seafood, Preparing ... 59
Fish and Seafood Recipes ... 60
Fish Cakes, Cooking Frozen ... 165
Fisherman's Luck ... 100
Fish, Fillet, Microwaving ... 59
Fish, Poached ... 62
Fish, Whole for Temperature Cooking ... 5
Fish, Whole, Microwaving ... 59
Flaming Desserts, Time-Saving Hint ... 167
Flank Steak ... 36
Flavored Rice Mix with Vermicelli ... 103
Flounder Fillet ... 62
Flounder with Shrimp Sauce ... 61
Foil Lined Container, Microwave Cooking Utensil ... 7
Fondue, Shrimp ... 81
Fondue, Toffee ... 150
For Your Information Guide ... 168
Frankfurters, Scored, Preparing ... 30
French Omelet ... 79
French Onion Soup ... 95
French Stew ... 99
French Toast, Cooking Frozen ... 165
Fresh Apple Pie ... 147
Fresh Coffee, Refrigerated, Time-Saving Hint ... 167
Freshen Stale Roll, Time-Saving Hint ... 167
Fresh Peach Cobbler ... 152
Fresh Peach Pie ... 147
Fried Chicken, Cooking Frozen ... 165

Fried Fish, Fillet, Cooking Frozen 165
Frosting, Caramel Cream 140
Frosting, Supper Chocolate 143
Frosting Recipes 139
Frozen Convenience Foods Guide Chart 165
Frozen Dinner Trays, Microwave Cooking Utensil 7
Frozen Juice Concentrates, Thawing .. 166
Frozen Mixed Fruit, Thawing 166
Frozen Potato Puffs, Thawing 165
Frozen Vegetables, Thawing 166
Fruit Cake 140
Fruit Cobbler 152
Fruit Compote, Curried 151
Fruit Dessert Recipes 151
Fruited Pot Roast 35
Fruit'n Honey Squash 117
Fruit Pie 147
Fruit-Topped Cheese Cake 141
Fudge, Apple Brownies 144
Fudge, Butterscotch 150
Fudge, Chocolate 150
Fudge, Poached 62

G

Garden Succotash 118
Garden Vegetable Soup 95
German Chocolate Upside-Down Cake 142
German Stew 98
Gingerbread Marmalade 134
Gingerbread Pear Cobbler 153
Ginger Walnuts 23
Glass, Microwave Cooking Utensil 5
Glazed Ham 38
Goose, Whole, Microwaving 46
Grahams, Choc'o 144
Graham Streusel Coffee Cake 134
Grains, Preparing 105
Granola Cereal 107
Granola Snack 107
Grapefruit, Baked 151
Grape Jelly 163
Grasshopper Pie 147
Grated Lemon Peel, Time-Saving Hint 167
Grated Orange Peel, Time-Saving Hint 167
Great Grape Pie 148
Great Northern Bean Casserole 118
Green Beans Almandine 117
Green Beans, Fancy 119
Green Beans Supreme 116
Ground Beef Recipes 31

H

Ham and Egg Scramble 80
Ham, Bone-in, Ready to Eat, Microwaving 28
Ham, Boneless, Ready to Eat, Microwaving 28
Hamburgers, Preparing 30
Hamburgers, Tip Top 124
Hamburger Treats 69
Ham, Canned, Microwaving 28
Ham Chowder 93
Ham, Cranberry Glazed 36
Ham Cuisine 81
Ham, Fresh, Microwaving 28
Ham, Glazed 38
Ham Omelet 78
Ham Roll-ups 21
Ham, Slice, Center Cut, Microwaving 28
Ham, Slices, Preparing 30
Ham Steak with Raisin Sauce 36
Hard Rolls, Cooking Frozen 166
Hawaiian Chicken 50
Herb Baked Chicken 50
Herb Baked Tomatoes 117
Herb Omelet 78
Heating Liquids Chart 156
Heavenly French Roast Beef Dip 123
Heavy Straw, Microwave Cooking Utensil 6
High Altitude Cooking Guide 168
Holiday Special Squash 117
Hollandaise Sauce 85
Homemade Chicken Soup 95
Homemade German Chocolate Cake . 142
Homemade Gravy 86
Homemade Pasta 105
Honey Acorn Squash 117
Honeyed Ham and Apple Rings 69
Horseradish Sauce 85
Hot Buttered Rum 157
Hot Canapes 21
Hot Cheese Canapes 23
Hot Cheese Dip 20
Hot Fudge Sauce 88
Hot German Potato Salad 120
Hot Mocha Milk 158
Hot Scotch 158
Hot Tortilla Dogs 70
How to Inserting Probe in Bone-in Meat Cuts 29
How to Inserting Probe in Boneless Meat Cuts 30
How to Program Your Recipes 3

I

Ingredients, Preparing Recipes 7
Ingredient Substitution Guide 168
Instant Mashed Potatoes 119
Irish Coffee 157
Irish Stew 100
Italian Meatballs 31

J

Jam and Jelly Recipes 163
Jam, Apricot Pineapple 163
Jam Muffins 132
Jam, Peach 163
Jam, Strawberry 164
Jars, Microwave Cooking Utensil 6
Jelly, Grape 163
Jelly Omelet 78

K

Kabobs in Jam 51
Korean Chicken and Cashews 51

L

Lamb Curry 41
Lamb, Microwaving 28
Lamb Recipes 40
Lasagne 67
Lasagne Noodles, Preparing 103
Layer Cakes, Cooking Frozen 165
Leftovers for Temperature Cooking ... 5
Leftovers, Temp-Cook Reheating 9
Lemon Sauce 89
Lentil-Ham Soup 96
Lima Beans Preparing, Frozen 112
Liqueur and Brandie Recipes 162
Liqueur, Coffee 162
Liqueur, Peach 162
Liquids, Time-Saving Hint 167
Lobster Tails, Baked Stuffed 60
Lobster Tails, Microwaving 59
Lobster, Whole, Steamed 64
Loin of Pork with Apricot Glaze 37

M

Macaroni and Cheese 80
Macaroni and Cheese, Cooking Frozen 165
Macaroni and Cheese Dinner 103
Macaroni, Meatless 104
Main Dish, Cooking Frozen Convenience 165
Mama's Italian Sausage 69
Mama's Nut Pie 148
Marble Brownies 145
Marinated Lamb Kabobs 40
Marmalade Gingerbread 134
Maryland Crab Bake 63
Mashed Potatoes 119
Meatballs, Italian 31
Meatballs, Swedish 32
Meatless Macaroni 104
Meat Loaf, Microwaving 27
Meat Microwave Guide Chart 27
Meat Pot 72
Meat Sandwiches, Temp-Cook Reheating 9
Meats, How to Program 27
Melba Sauce 89
Melting Butter, Time-Saving Hint 167
Melting Chocolate, Time-Saving Hint .. 167
Memory Cooking for Programming ... 4
Mermaid's Delight 70
Metal, Microwave Cooking Utensil 6
Metal Skewers, Microwave Cooking Utensil 7
Metric Conversion for Measures Guide 168
Metric Conversion for Weights Guide 168
Mexican Tacos 124
Microwave Cooking Theory 2
Minestrone 96
Mini-Pizza Snacks 123
Miscellaneous, Thawing 166
Mornay Sauce 87
Morning Muffins 132
Muffin Recipes 132
Muffins, Jam 132
Muffins, Morning 132
Muffins, Peachy 132
Muffins, Preparing 129
Muffins, Pumpkin Pecan 132
Muffins, Raisin Bran 133
Muffins, Quick 133
Mulled Cider 158
Mulled Wine 157
Mushroom Stuffed Steak Rolls 34
Mushrooms Sauté 116
Mustard Sauce 85

N

Newberg Sauce 86
New England Chowder 97
Nicer Rice 106
Non-Dairy Creamer, Cooking Frozen .. 166
Noodle Bake, Swiss 104
Noodle Pudding 104
Noodles, Citrus Style 103
Noodles, Parmesan 104
Nut Bread, Basic 130
Nutty Chip Chews 144

O

Oatmeal, Spicy 107
Okra Creole 117
Okra Preparing, Frozen 112
Old Meat Pies 123
Old Fashioned Russian Borscht 96
Omelet, Basic 78
Omelet, Cheese 78
Omelet, French 79

Omelet, Ham ... 78
Omelet, Herb ... 78
Omelet, Jelly ... 78
Onion Cheese Pie ... 80
Onions, Egg'n Cheese ... 78
Onion Soup, French ... 95
Onions Preparing, Fresh ... 112
Open Faced Sandwiches with Gravy ... 124
Open Faced Tuna ... 123
Orange Burst ... 158
Orange Glaze ... 89
Orange Glazed Carrots ... 116
Orange Liqueur Sauce ... 90
Orange Mandarin Chiffon Pie ... 148
Oriental Pepper Burgers ... 31
Ornaments, Bread Dough ... 161
Oysters Rockerfeller en Casserole ... 63
Oven-Fried Pork Chops ... 37

P

Pancake/Muffin Batter, Cooking Frozen ... 166
Paper, Microwave Cooking Utensil ... 6
Parchment Seafood Spectacular ... 61
Parmesan Noodles ... 104
Partially Cook Ribs, Time-Saving Hint ... 167
Party Chicken Roll-ups ... 48
Pasta Preparing ... 103
Pasta Recipes ... 103
Pawtuckett Clam Chowder ... 94
Peaches, Brandied ... 152
Peacn Jam ... 163
Peach Liqueur ... 162
Peach Muffins ... 132
Peachy Pork Roast ... 38
Peanut Brittle ... 150
Pear Cobbler, Gingerbread ... 153
Pears with Caramel Sauce ... 153
Peas and Carrots Preparing, Frozen ... 112
Peas, Black-Eyed Preparing, Frozen ... 112
Peas, Green Preparing, Fresh ... 112
Peas, Green Preparing, Frozen ... 112
Peas, Snow Preparing, Frozen ... 112
Pecan Buns ... 131
Pecan Loaf ... 141
Pecan Pie ... 148
Pecan Pralines ... 150
Pecan Stuffed Pheasant ... 53
Pepper Burgers, Oriental ... 31
Pepper Steak ... 35
Persian Lamb with Peaches ... 41
Pheasant, Whole, Microwaving ... 46
Pie, Cheeseburger ... 31
Pie, Chocolate Rocky Road ... 147
Pie, Coconut Lemon Meringue ... 147
Pie, Cranberry ... 149
Pie Crusts, Preparing ... 139
Pie Filling Mixes, Preparing ... 139
Pie, Fresh Apple ... 147
Pie, Fresh Peach ... 147
Pie, Fruit ... 147
Pie, Grasshopper ... 147
Pie, Great Grape ... 148
Pie, Mama's Nut ... 148
Pie, Onion Cheese ... 80
Pie, Orange Mandarin Chiffon ... 148
Pie, Pecan ... 148
Pie, Pumpkin ... 148
Pie Recipes ... 147
Pies, Ole Meat ... 123
Pineapple Upside-Down Cake ... 142
Pinwheel Cheese Cake ... 141
Pizzas, Cooking Frozen ... 165
Pizza Roll Special ... 125
Pizza Wheels ... 31
Plantation Coconut Cake ... 143
Plastics, Microwave Cooking Utensil ... 6
Plastic Wrap, Microwave Cooking Utensil ... 6
Plates of Foods, Time Cooking Reheating ... 9
Plum Brandy ... 163
Poached Fish ... 62
Polish Sausage (Kielbasa) with Red Cabbage ... 38
Pork and Ham Recipes ... 36
Pork Chops, Oven-Fried ... 37
Pork Dogs, Potato ... 126
Pork, Microwaving ... 28
Pork Loin, Center Rib, Microwaving ... 28
Pork Loin Roast, Boneless, Microwaving ... 28
Pork Roast, Peachy ... 38
Pork, Sweet'n Sour ... 39
Pork Tenderloin, Microwaving ... 28
Potato Dumplings ... 119
Potatoes, Buttered Crumb ... 119
Potatoes, Mashed ... 119
Potatoes, Scalloped ... 119
Potato Pork Dogs ... 126
Potato Recipes ... 119
Pot, meat ... 72
Pot Pie, Chicken ... 71
Pot Pie, Cooking Frozen ... 165
Pot Roast, Fruited ... 35
Pouch Dinners, Cooking Frozen ... 165
Poultry, How to Program ... 45
Poultry Microwaving Guide Chart ... 45
Poultry, Preparing ... 45
Pound Cake, Chocolate ... 139
Pound Cake, Cooking Frozen ... 165
Praline Cheese Cake ... 141
Preparing Bread Mixes Guide Chart ... 129
Preparing Cake Mixes Guide Chart ... 138
Pudding, Noodle ... 104
Pudding, Preparing ... 139
Pudding, Puritan ... 146
Pudding, Quick Rice ... 145
Pudding, Raisin Bread ... 146
Pudding Recipes ... 145
Pudding, Steamed Date-Nut ... 143
Pumpkin Pecan Muffins ... 132
Pumpkin Pie ... 148
Puritan Pudding ... 146

Q

Quick Bar Cookies, from Mix ... 144
Quick Breads, Preparing ... 129
Quick-Cook Chicken Pieces ... 167
Quick Fruit Cobbler ... 152
Quickie Dinner ... 70
Quick Muffins ... 133
Quick Rice Pudding ... 145
Quick Spaghetti Sauce ... 86

R

Raisin Bran Muffins ... 133
Raisin Bread Pudding ... 146
Raisin Clusters ... 151
Raising, Frozen Bread Dough ... 129
Raising, Yeast Bread ... 129
Raisin Sauce ... 87
Ratatouille ... 116
Red Delicious ... 125
Reflection of Microwave Cooking ... 2
Reheat Cold Fruit Pie, Time-Saving Hint ... 167
Reuben Deli ... 125
Rice and Grain Recipes ... 106
Rice Delight ... 106
Rice, Nicer ... 106
Rice, Preparing ... 105
Rice, Spanish ... 106
Roast Duck with Orange ... 54
Roasting Meats, Preparing ... 27
Roasting Nuts, Time-Saving Hint ... 167
Roast Turkey ... 53
Rock Cornish Game Hen, Whole, Microwaving ... 46
Rocky Road Fudge ... 150
Rum, Hot Buttered ... 157
Rye Dogs ... 126

S

Salad Dressing Creamy ... 86
Salad, Hot German Potato ... 120
Salad, Wilted Spinach ... 118
Salisbury Steak ... 32
Salmon Steaks, Microwaving ... 59
Salmon Steaks with Dill ... 64
Salmon Romanoff ... 62
Sandwich, Cheesy Meat Loaf ... 124
Sandwiches, Barbecued Beef ... 124
Sandwiches, Time Cook Reheating ... 9
Sandwiches with Gravy, Open Faced ... 124
Sandwich Recipes ... 123
Sandwich, Seafarer's ... 125
Saturday Night Special ... 72
Sauce, Barbecue ... 86
Sauce, Basic White ... 85
Sauce, Bearnaise ... 85
Sauce, Bordelaise ... 85
Sauce, Brandied Cherry ... 88
Sauce, Caramel ... 88
Sauce, Cheese ... 85
Sauce, Chocolate Mint ... 89
Sauce, Cranberry ... 85
Sauce, Creole ... 86
Sauce, Curry ... 85
Sauce, Custard ... 88
Sauce, Hollandaise ... 85
Sauce, Horseradish ... 85
Sauce, Hot Fudge ... 88
Sauce, Lemon ... 89
Sauce, Melba ... 89
Sauce, Mornay ... 87
Sauce, Mustard ... 85
Sauce, Newberg ... 86
Sauce, Orange Liqueur ... 90
Sauce, Quick Spaghetti ... 86
Sauce, Raisin ... 87
Sauce Recipes ... 85
Sauce, Special Spaghetti ... 87
Sauce, Spicy Pineapple ... 89
Sauce, Sweet and Sour ... 87
Sauce, Vanilla ... 89
Sausage and Bean Casserole ... 72
Sausage Links, Fresh, Preparing ... 30
Sausage Links, Frozen, Preparing ... 30
Sausage Patties, Fresh, Preparing ... 30
Sausage Stew ... 100
Sauté, Mushrooms ... 116
Sauthern Barbecued Ribs ... 37
Savory Cabbage Rolls ... 33
Scalloped Potatoes ... 119
Scallops with Herb Lemon Butter ... 63
Scampi, Butter ... 21
Scampi, Shrimp ... 64
Scramble, Ham and Egg ... 80
Scrod with Grape Sauce ... 62
Seafarer's Sandwich ... 125
Seafood Casserole ... 68
Seafood Newberg ... 64
Sea Scallops, Microwaving ... 59
Serve Time for Programming ... 4
Sesame Cheese Wafers ... 23
Short Ribs with Barbecue Sauce ... 35
Shrimp and Spaghetti Bake ... 71
Shrimp and Vegetables Mandarine ... 64
Shrimp Creole ... 62
Shrimp Fondue ... 81
Shrimp, Microwaving ... 59
Shrimp Scampi ... 64
Shrimp, Tangy ... 24
Side Dishes, Cooking Frozen Convenience ... 165
Six Layer Bars ... 144
Sloppy Joes ... 126
Snack, Granola ... 107
Snacks, Mini-Pizza ... 123
Soften Butter, Time-Saving Hint ... 167

Soften Cream Cheese, Time-Saving Hint ... 167
Soften Dry Fruit, Time-Saving Hint ... 167
Soften Hard Brown Sugar, Time-Saving Hint ... 167
Soften Ice Cream, Time-Saving Hint ... 167
Solid Foods, Time-Saving Hint ... 167
Souffle, Strawberry ... 146
Soup, Beefy Vegetable ... 95
Soup, Cheesy Tomato ... 97
Soup, Cream of Broccoli ... 94
Soup, Cream of Chicken ... 94
Soup, Cream of Mushroom ... 94
Soup, Cream of Spinach ... 94
Soup, Cream of Tomato and Rice ... 95
Soup, Creamy Noodle ... 97
Soup, Curry ... 97
Soup, Garden Vegetable ... 95
Soup, Lentil-Ham ... 96
Soup Recipes ... 93
Soups, Every Day Supper ... 97
Soup, Split Pea ... 97
Soups, Temp-Cook Reheating ... 9
Soup, Zucchini ... 96
Southern, Cheese Bread ... 131
South of the Border Chill Pie ... 71
Spacing, preparing Recipes ... 7
Spaghetti, Preparing ... 103
Spanish Rice ... 106
Special Garnishes ... 93
Special Note, Preparing Recipes ... 8
Special Spaghetti Sauce ... 87
Specialty Noodles, Preparing ... 103
Spice Cake, Carrot ... 142
Spice Cake, Cider ... 141
Spiced Almonds ... 23
Spicy Apples'n Oats ... 152
Spicy Oatmeal ... 107
Spicy Pineapple Sauce ... 89
Spicy Raisin Drops ... 149
Spinach Cheese Ring ... 80
Spinach Preparing, Fresh ... 112
Spinach Preparing, Frozen ... 112
Spinach Stuffed Mushrooms ... 24
Spirited Chicken ... 52
Split Pea Soup ... 97
Squash, Holiday Special ... 117
Squash, Summer Preparing, Fresh ... 112
Squash, Summer Preparing, Frozen ... 112
Squash, Winter Preparing, Fresh ... 112
Squash, Winter Preparing, Frozen ... 112
Stand Time, Preparing Recipes ... 8
Steak, Citrus Simmered ... 33
Steak, Pepper ... 35
Steak, Salisbury ... 32
Steamed Clams ... 61
Steamed Date-Nut Pudding ... 143
Steamed Whole Lobster ... 64
Stew, Apple Cider ... 99
Stew, Beef ... 98
Stew, Beer ... 100
Stew, Brunswick ... 98
Stew, French ... 99
Stew, German ... 98
Stew, Irish ... 100
Stew Recipes ... 98
Stew, Sausage ... 100
Stirring, Preparing Recipes ... 8
Strawberry Jam ... 164
Strawberry Souffle ... 146
Stuffed Clams ... 61
Stuffed Clams, Baked ... 60
Stuffed Cornish Hens with Orange Honey Sauce ... 54
Stuffed Green Peppers ... 32
Stuffed Mushrooms ... 24
Stuffed Mushrooms, Spinach ... 24
Stuffed Onions Florentine ... 118
Stuffed Potatoes, Baked ... 120
Stuffing, Apple Sausage ... 55
Stuffing, Baked Chicken with Corn Bread ... 48
Stuffing, Basic Bread ... 55
Stuffing, Corn Bread ... 55
Stuffing Recipes ... 55
Succotash, Garden ... 118
Succotash Preparing, Frozen ... 112
Supper Chocolate Frosting ... 142
Supper-Surprise Burgers ... 126
Swedish Meatballs ... 32
Sweet and Sour Sauce ... 87
Sweet'n Sour Pork ... 39
Sweet Potato, Candied ... 120
Sweet Spiced Nuts ... 151
Swiss Cheese Fondue ... 81
Swiss Delights ... 21
Swiss Noodle Bake ... 104
Swiss Scalloped Corn ... 117
Syrup, Temp-Cook Reheating ... 9
Syrup, Time-Saving Hint ... 167

T

Tangy Shrimp ... 24
Tart, Breakfast Fruit ... 153
Tarts, Apples Spice ... 139
Tarts, Cheese ... 22
Tea, apricot ... 158
Temp-Cook Reheating Guide Chart ... 9
Temperature Hold for Programming ... 3
Texas Style Nachos ... 22
Texas Tasters ... 126
Thermometers, Microwave Cooking Utensil ... 7
Time Cook Reheating Preparing Recipes ... 8
Time-Saving Hint ... 167
Timing, Preparing Recipes ... 7
Tiny Meat Loaf ... 32
Tip-Top Hamburgers ... 124
Toasting Sesame Seeds, Time-Saving Hint ... 167
Toasting Shredded Coconut, Time-Saving Hint ... 167
Toffee Fondue ... 150
Tomatoes, Herb Baked ... 117
Topping, Banana Split ... 89
Topping Recipes ... 88
Transmission of Microwave Cooking ... 2
Treat, Breakfast ... 79
Treat, Chicken Cheese Taste ... 52
Treats, Bacon ... 20
Treats, Crispy Mashmallow ... 144
Treats, Hamburger ... 69
Trout Almandine ... 63
Tuna Casserole ... 68
Tuna, Open Faced ... 123
Turkey and Other Poultry Recipes ... 53
Turkey Divine ... 53
Turkey Giblet Gravy ... 87
Turkey Italiano ... 72
Turkey, Parts, Microwaving ... 46
Turkey, Roast ... 53
Turkey, Whole, Microwaving ... 45
Turkey with Nut Stuffing ... 54
Turning and Rotating, Preparing Recipes ... 8
TV-Style Dinner, Cooking Frozen ... 165
Twist Ties, Microwave Cooking Utensil ... 7
Two Stage Cooking for Programming ... 3

V

Vanilla Sauce ... 89
Variable Cooking Power of Microwave ... 2
Veal Cutlets Cordon Bleu ... 40
Veal Cutlets with Caper Sauce ... 39
Veal Paprika ... 39
Veal Recipes ... 39
Vegetable Beef Soup ... 94
Vegetable Bites, Marinated ... 22
Vegetable Recipes ... 114
Vegetables in Pouches, Cooking Frozen ... 165
Vegetables Preparing, Fresh ... 111
Vegetables Preparing, Frozen ... 111
Vichyssoise ... 98

W

Waffles, Cooking Frozen ... 165
Walnuts, Ginger ... 23
Wassail Cheer ... 157
Welsh Rarebit ... 81
Western Chicken ... 49
Wicker, Microwave Cooking Utensil ... 6
Wilted Spinach Salad ... 118
Wine, Mulled ... 157
Wipped Topping, Cooking Frozen ... 166
Wood, Microwave Cooking Utensil ... 6
Wurst with Kraut ... 39

Z

Zucchini Parmesan ... 118
Zucchini Preparing, Fresh ... 112
Zucchini Preparing, Frozen ... 112
Zucchini Soup ... 96

Printed in Korea

7/83

Mexican Casserol

Brown 1 lb hamburger
Add 1 can refried beans
" Green Chiles
1 C Cheddar cheese
2/3 C taco sauce
Cook 4-5 "

55210069

Product Service No. 1001-4819

Printed in Korea